

# Grass Roots

Craft and self-sufficiency

For down to earth people

AUST \$3.75

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New Zealand Edition

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Homemade Gifts

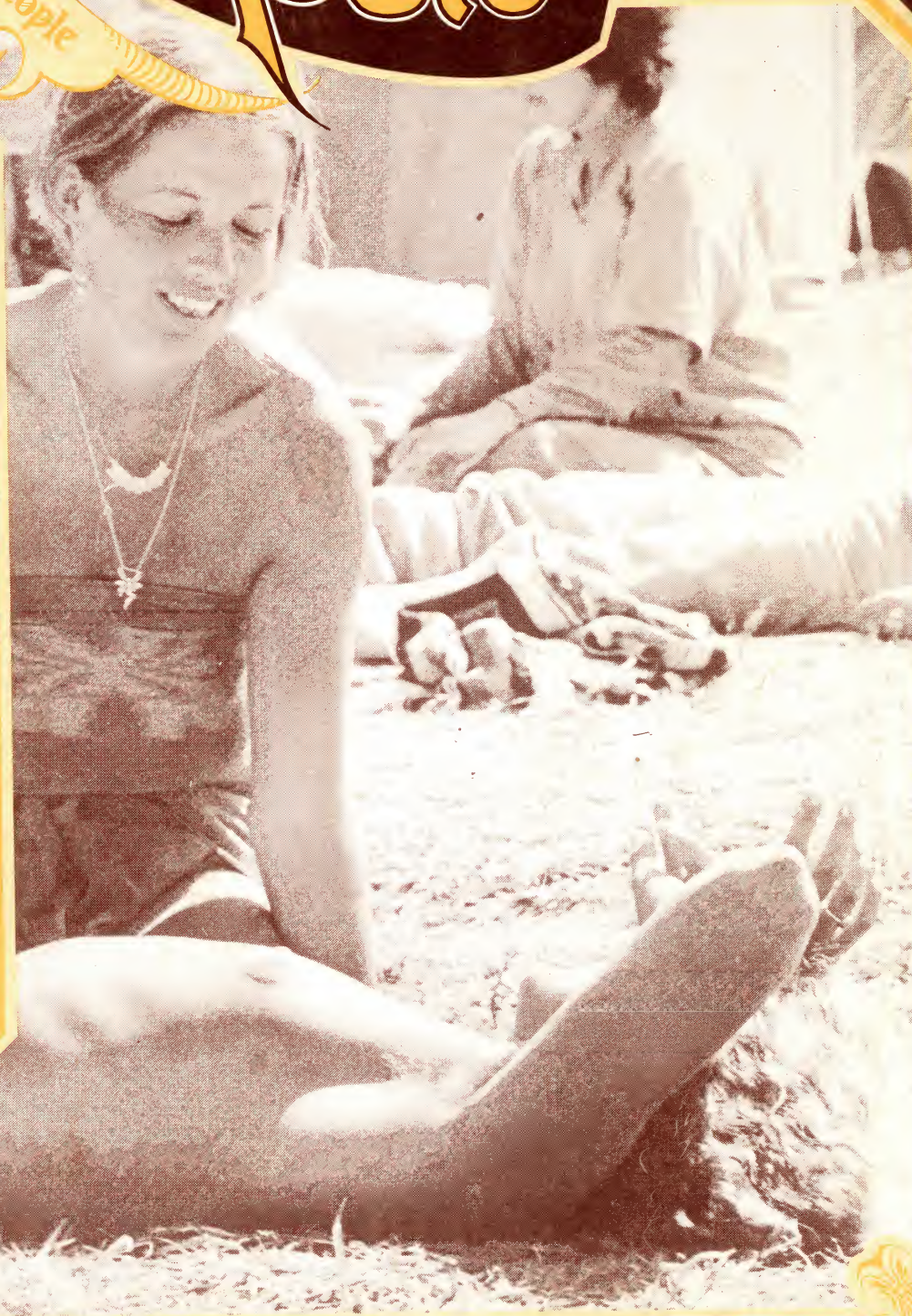
Osteopathy

Homestead Horses

Tower Safety

Healthy Xmas  
Fare

Simple Sandals





# CHRISTMAS GIFT IDEAS

from Night Owl

## Community Markets — A Practical Guide

*John van Tinteren*

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p/b 128 pp \$13.50 post paid

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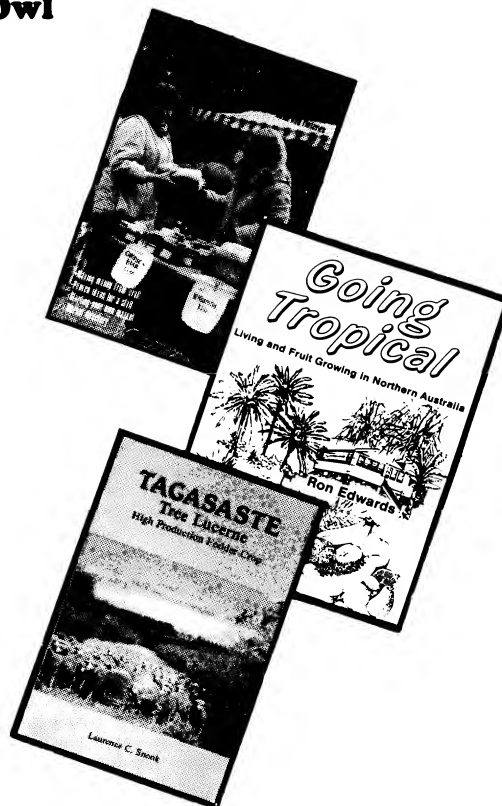
p/b 136 pp \$15.50 post paid

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*Dr. L.C. Snook*

Tagasaste, commonly referred to as tree lucerne, produces high protein fodder, grows quickly and is relished by stock. Dr Snook explains how to grow Tagasaste for maximum yield. An ideal crop for any farmer.

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*Arthur Cannon*

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*Anthony Allen*

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p/b 160 pp \$20.50 post paid

## Starting a Nursery or Herb Farm

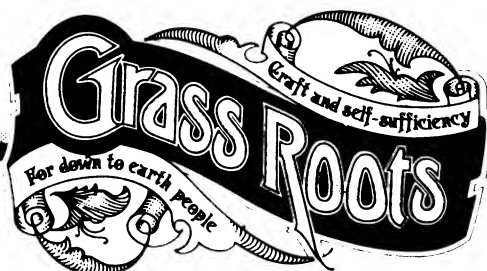
*John Mason*

If you have ever thought of earning some extra money from your gardening interest then you will love this book. It describes how to start a plant business, discusses management, propagation, herb production and herbal products.

p/b 135 pp \$8.50 post paid



NIGHT OWL PUBLISHERS: PO Box 764 SHEPPARTON 3630



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Front Cover: During the holiday period festivals and gatherings around Australia bring together like minded people to share experiences and activities. Popular always are the natural health and meditation workshops as illustrated here. See page 15 for our festival guide.

Back Cover: A stockhorse can be an invaluable asset to a small holding, but careful consideration must be given to choosing the right breed. Pages 32-3 look at two possible breeds.

Distributed to newsagents by Gordon & Gotch.

# Feedback Link-Up Feedback

## Dear GR Readers,

Thank you for a great magazine which I read time and again. I have a problem with FOWLS EATING their own EGGS. I've tried filling the eggs with cayenne pepper and giving them mash mixed with vinegar (although I wasn't sure of the quantity to use). Can anyone help with a solution? Thank you very much in anticipation.

**Helen Lehmann**  
PO Box 32  
CALTOWIE 5490.

*A tricky problem Helen, but there are a few things you can try. Make sure that the chooks have shell grit (for stronger egg shells), plenty of scratching to keep them busy and enough nests so they're not overcrowded. Collect the eggs as soon as they're laid, if possible, and dose a few with HP sauce — this even deters crows! What do other readers suggest?*

## Dear Folk,

I have a close friend who has a condition called POST VIRAL SYNDROME or M.E. If anyone has any information on this subject I would love to hear from you. If anyone sends me photocopies of information I would be happy to reimburse them. Thank you.

**Julie Archibald**  
PO Box 78  
KYABRAM 3620.

## Dear Fellow GR's,

It must be over 2 years since I wrote a letter to *Grass Roots*. A lot of things have happened, but still no permanent job. The last letter I wrote, about building cheaply, I got 62 replies and I made some real friends.

I planted some tagasaste trees early last year. Some are now 10 ft high, while others are still only 2 ft high. Grapes, peaches and plums are growing well here but it is not cold enough for apples, although the trees are still alive.

A couple of handy hints I'd like to share. If your LAWN MOWER runs hairy and uses too much fuel, first check your air filter, clean it or replace it if necessary, and that more than likely solves your problem. Also for DRY SKIN from cold winter weather, rub it with broken aloe vera leaves. They are good to rub into your hands after cementing too. Please don't do away with the Grassifieds — it is an important part of *Grass Roots*. Keep happy.

**Frank & Sandra Venselaar & kids**  
M/S 346  
NANANGO 4315.



Edited by Megg Miller and Kath Harper.

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*Grass Roots* is produced for those who wish to regain control over their lifestyle by exploring the alternatives to modern mass consumption. Whether you've just started out or you're an old hand, why not share your experience and knowledge with other readers of *Grass Roots*. All contributions of articles and photos are welcome.

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## Dear Megg and David,

For years I've hoarded 8 glorious copies of *Grass Roots*, and read them so often I can quote passages off by heart! Last night, a semi-comatose husband reached out for the nearest thing to read, picked up GR 29 and was hooked. Oh please say that your magazine is still going strong; that there are still thousands of you working towards a safer and better future. Sunshine must be into double figures now; do Pat Coleby and Renate still contribute? And Frank and Bev Povah? As I write I've No. 28 next to me with Sunshine, Bev and donkey cart on the cover.

Although, even by my own standards, I am a long way from the life I'm looking for, in the last eighteen months I've made the transition from a cat-owning working woman to a hectically busy unemployed goat, ducks, chooks and dog owner. With electricity and running water, we've got it so easy compared with so many of you, but I have non-electric equivalents of all my things, and use them. (You should see my muscles from washing in the dolly tub!) I make cheeses (hard and soft) from the milk of my four milking nannies (sorry Pat — does) . . . the other three have yet to be mated; I have tried rearing ducks and chooks naturally with very poor results, but there's always next year; I grow vegetables and fruit; grind my own flour (well — not every time) for bread and baking, and make and drink wine and beer. Peter has a grim job as he's an industrial coppersmith and they're not wanted any more. He does all the building works, as I'm somewhat unpractical. (At the moment my legs are covered in blisters following a contretemps with boiling water.) He also made a hefty and super-efficient wood burning stove as we have lots of trees which we hope to coppice. In a couple of years time I'm hoping to have a Jacob's or Hardwick wether, and will try to spin. Presently, having given up on my patchwork, I'm making a 'proddy' rug or rag rug . . . it's an excuse to sit down now and again. Please does anyone have a recipe for making BIO-DEGRADABLE SOAP using no animal fats? Thanks.



**Judy Salisbury**  
Robble Hill  
Linton Gill  
Ivegill  
Carlisle Cumb.  
CA4 OPH ENGLAND.

## Dear Megg, David and All at GR,

Years ago I was an avid reader of *Grass Roots*. At that time I had a lovely weekend in a quiet valley up near Ballan, but things went wrong and I had to give it up. Then, 4 years ago, just after Ash Wednesday, I found a quiet acre with a tiny cottage in Macedon. After I moved in, for some reason, I stopped buying *Grass Roots*.

Recently I came across GR 68 and it was like meeting an old friend again. I find it hard to talk to other people and the friendliness and love which radiates from every issue of *Grass Roots* seems just what I need in my time of recovery from being down in my private hell for a long time. I feel it's time to renew the friendship and draw on the hope, love and strength which I always find there.

Being in my 60th year now and close to retirement after more than 40 years 'slaving', I am looking forward to being able to live full time in my tiny cottage in Macedon (other people permitting). The property needs me, and I need it, but there is never enough time at weekends (when I can get there) to do the place justice. Thanks to you and all GR people for a wonderful magazine. Love, peace and good fortune.

**Lynda Ansett**  
38 Turitable Rd  
MT MACEDON 3441.

## Dear GR,

I would like to ask if anyone knows where I can get SCREWTOP and GLASS LIDS for OLD AGE GLASS JARS. I have been told that they aren't made in Australia anymore, only in New Zealand, so if anyone from New Zealand would know of an address that I can write to, it would be appreciated.

Another matter — lots of people write in letters asking for information on HERBS or what books there are available on herbs — if you go to your local library and have a look in the gardening section you will usually find a few useful books, and then you can decide if it is worth buying that particular book or not. Some good ones I have found are: *The Illustrated Herbal* by Philippa Back, *The Herb Book* by Arabella Boxer and Philippa Back, *The Concise Herbal Encyclopedia* by Donald Law, and *An Australian Herbal* by Penny Woodward.

**Maree Williamson**  
37 Dora St  
DORA CREEK 2264.



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# Feedback Link-Up Feedback

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**Dear Megg,**

I read your column mentioning CHAIN LETTERS and junk mail and meant to write, but promptly forgot with the myriad of things that make up the daily routine. Every time I have had a letter published in *Grass Roots* I have had the junk mail problem. The worst are the chain letters that either use threats or are sent by people who truly believe they will receive \$7000-\$10,000 within 10 days. I send the letters back with a little explanation of how they work, who gets the money and where it comes from.

Secondly re CONTACTS: I think it is a great idea and anyone who objects has obviously never been alone and lonely. I have met some wonderful people through *Grass Roots* (and a few bad eggs too... like the above). In mainstream society I would never have met these people. As far as contacts being successful I have to say that I made a wonderful friend through an advertisement I placed in an English magazine ten years ago. Not all of us participate in the 'disco and club scene' and so where are we supposed to meet like minded folk? I am not painfully shy but many people are and even having the chance to write to someone first can break the ice and open up an introverted person. I think it is great. If anyone objects they need not read them. Regards to all.

**Lindy Medcraft  
Lot 101 Falls Drive  
GIDGEGANNUP 6555.**

**Dear Readers,**

Every time I pick up a new edition of GR I read it right through. I love all the wonderful ideas I get from it. I see that people are concerned about irradiated food, chemicals, soap and many other things that are not 'natural'. I would like to add that one thing that is unnatural is sexual abuse of children. As I have noticed that child abuse is often a result of ignorance on the part of the parents I appeal to all of you with children to educate your children about the prevention of abuse, be it physical, emotional or sexual. The irony is that we tell our kids over and over again, 'Don't cross the road without looking first', and remind them of all the other things they should watch out for, but this most important safety warning is so often forgotten. Occasionally someone tells their kids not to go with strangers but abuse education needs constant reminders until it's ingrained into their brains. Please educate your children or at least find out what's involved if you're sceptical. The statistics are quite horrifying. I've gone through over 12 months of court cases. I have learned things I wish I knew when I started. Stand up for our kids — they are our future.

I am 25 and my children are 3 and 4 years. We dream of travel and a simpler life, maybe one day we'll have just that. Does anyone know if kapok trees grow in Australia? Lastly, if anyone would like to write for any reason please do. I love getting the postie to stop without having to beg him. Peace to all.

**Amanda Castle  
3 Murray St  
BRIBIE ISLAND 4507.**

**Dear Staff and Readers,**

My deepest apologies to those people who have written to me asking for information on the ORGANIC FUEL SUPPLEMENT. The delay in answering has been caused by my having to sell my house in a divorce settlement, and also our Queensland distributor has been laid up by an injury. Rest assured that you will be hearing from me in the near future; indeed some of you will have already heard. Anyone else who would like information on this product please send a SAE to the address below.

**Shirley Svensson  
PO Box 717  
WOODRIDGE 4114.**

**Hi Everybody,**

We are a family of 5 who are planning an itinerant working holiday for the first half of 1989.

We'll be starting in Shepparton in January and then heading for Mildura and South Australia. In early April we hope to put our car and ourselves on a boat to Tasmania for 4-6 weeks. We plan to be fairly flexible and would like to be able to drop in and have a cuppa and chat with people on our travels. Especially locals who could advise us on places to pitch our tent or special things to see. Our children 9, 6 and 3 are very excited about our trip and love the idea of school by correspondence.

**Robyn Ford  
C/- J A Ford  
Knee St  
TATURA 3616.**

**Dear Grass Roots People,**

On a recent trip up north I went to Nimbin, northern NSW to visit a little group of volunteers that are intent on saving the older traditional type seeds that do not have the patents and controls over them that the multi nationals use to control our seed supply. This group is the brain child and inspiration of Michel and Jude Fanton and when I called on them they were bogged down with trying to reply to a thousand or so letters that they had received from an appearance on ABC TV's *Countrywide* programme. It made me feel really good that there are so many other people interested in trying to save seed from plants and trees, that have been around for years. It is a thing that should be a top priority for any gardener or person interested in conservation.

It is so important for people to band together in the interests of preserving our seed heritage. It is about time more people stood up to the multi nationals and this is one way that we can. It is ridiculous to think that we have to pay lots of money to buy bright little packets of seed that are so hybrid that they cannot survive without the encouragement of lots of chemical assistance (which in the case of vegetables and fruit we cannot help but consume along with the item to be eaten), and that these seeds are so delicate that they will not reseed and so next year we are forced to buy another packet and start the chemical process all over again.

Anyway I was very impressed and very uplifted by my visit there and came away with little packets of seeds that I can't help but treasure because to me they represent that the money and greed system has not completely taken over yet and I can hardly wait to plant them to compare the results with the packaged seeds I paid for last year. The group is actually called Seedsavers' Network and their address is PO Box 24, Nimbin 2480. So come on all you good gardeners who have a particular variety of seed that you are proud of, here is your chance to share it with other people.

**Fay Roth  
212 Station St  
PORT MELBOURNE 3207.**

**Dear GR Readers,**

Could someone please supply information on a simple way to extract kernels from SUNFLOWER seeds? We have grown sunflowers (for the first time) in our garden and have let them dry on the stem, which seemed the natural process. Where do we go from here (other than grow a beak)?

**Deb  
7 Fourth St  
WAYATINAH 7140.**

**Dear Megg, David and Friends,**

Thank you for printing my letter requesting mead recipes. We received 8 letters, including many more recipes from each writer. I do appreciate the time each of you took to write and I thank you all, there are still a few to be answered.

Regarding the GOAT CHEESE MAKING which I wrote about, I omitted to mention that after removing cheese from the mould, it must be wrapped in clean damp cheesecloth and stored in fridge. Of course, it can be eaten immediately. Perhaps it improves with keeping, however, we've never had the opportunity to find out!

A few years ago I borrowed a marvellous book from a library — it was called *Encyclopaedia of European Cooking*. I loved that book very much, and have always hoped that it might be found in a secondhand book shop. If anyone can tell me where to find a copy I can't tell you how happy I would be.

To Les Shortland (GR 68, p. 6) re honey cure: we experienced the marvellous healing properties of HONEY, when on holiday years ago. Our son Mark was 5 and he and sister Sandra 7 were chasing each other around our holiday cabin, which had tin ant caps about 3 ft off the ground. Mark skidded on rounding the corner and the sharp edge cut his shoulder blades — about 5 in long. We were miles from any town, but remembered being told of honey's qualities, so bathed the cut. We laid Mark on his stomach and drizzled honey in the wound and kept him in that position for long enough for it to soak in. It healed beautifully, no sign of any scar.

To COLIN BROWNE (GR 68, p. 9): I really feel for you Colin. Perhaps there is a calcium deficiency, as this manifests itself in muscular weakness and aching limbs, among other symptoms. An iron deficiency contributes to many disorders, and causes brain and muscles to tire quickly. These thoughts are merely the result of reading various articles, I have no knowledge of vitamin and mineral requirements. Thanks Megg, David and staff for such a special magazine.

**Alma Embacher  
LAUNCHING PLACE 3139.**

# Feedback Link-Up Feedback

**Dear Megg,**

I would be interested in hearing from anyone who has experience in LIVING WITH CROWS. Some months ago we took in a young crow with a broken wing and leg, who was the victim of nest robbing by local children. He has long since recovered although he has a marked limp in one leg. We called him Joe, and when he started to master the art of flying, we congratulated ourselves and looked to the day when he would rejoin the flocks of crows who live hereabouts. This has not happened despite increasingly strong encouragement from his various relatives and ourselves. Living with a crow, in our experience, is not an easy thing. This fellow is noisy, inquisitive and very mischievous. Our wee fox terrier's cat-doors are irresistible to him and he is an habitual burglar. Matches, clothes, pens, cutlery and anything else he can carry away are conveyed to his treasure troves, which are spread over a two acre radius from our dwelling. Generous natured, he leaves behind the old dog bones, pieces of sticks and beloved pot plant leaves that have captured his attention.

Joe enthusiastically joins in all our activities around the place from Brian's putting practice to hanging out the washing, pecking, stealing and causing general disruptions. He has a keen interest in poultry and has the rooster and drake totally cowed as he potters about the chook yard investigating food dispensers and scraps. A friendly sort of crow, Joe combines his naturally exuberant nature with his love of aerodynamics and we are often subjected to his dive-bombing displays. Although we're used to it ourselves, visitors have been seen to run for cover shrieking for help, as Joe gives them a royal flyover greeting to the house. Love him though we do, my husband is now counting the weeks until spring, when we hope and pray a likely lad or lass crow will take Joe's eye and lure him bushwards. However, should this not happen, we would like to hear from others who could provide some guide to encouraging Joe back to the wild. I am running out of teaspoons again!

**Jennie Benner**  
PO Box 8235  
ALICE SPRINGS 0871.

**Dear Megg and Kath,**

Thank you for a beautifully produced and informative bi-monthly magazine called *Grass Roots*. I have really enjoyed them from issue no. 1 to present issue. Over the years I have written to people directly giving them first hand information — some have written back to say 'thank you', others just don't even acknowledge your letter.

In regards to Pam Irvine's enquiry about where to buy Aust. organic dried fruit, I suggest trying Myers health food section in Lonsdale St Melbourne or another big health food store in one of the shopping complexes near you. In regards to raspberry leaf tea, the brand name I know is made in USA called Celestial.

If Julia Law, also out of GR 69, would like to contact me I may be able to set up her super cheap electric fence for her. For Clem Collier of Wherrol Flat: those spraying regulations are supplied by the Federal Government and your local building inspector is only doing his job. You cannot beat the law the way it stands at present in any situation at all. This now applies in all states of Australia.

Plus I would like Renate Marek to contact me again on the old phone at the farm please, as I have some recipes for her.

Just before Christmas I am leaving Melbourne heading towards South Australia, travelling via the coast road. I would love to hear from any GR people along the way. I will later travel on to Renmark and Queanbeyan in NSW and then back to Melbourne. I will be in no hurry as I am now retired from business through a motor accident and I would like to camp an evening here and there. Also if anybody is interested in writing to me I would appreciate hearing from them. My hobbies are gardening, painting, wood turning and crafts.

**C J Franklin**  
PO Box 380  
BERWICK 3806.

**Hello GR,**

We are planning a 4WD trip around Oz next year, before settling down on some acreage somewhere. We'd love to hear about some of those off-beat places that are too good to miss. We'd also like to VISIT OWNER-BUILT places, either established or being built, for future ideas. We are relatively new to *Grass Roots* and so look forward to a long and happy association with you. Keep up the good work.

**John and Margaret Roper**  
48 Innes Rd  
MANLY VALE 2093.

**Dear Grass Roots Readers,**

Last year we bought 32 acres in the Adelaide Hills near Meadows. About 5 acres of our land were chock-a-block full of GORSE. Since then we've spent most of our weekends merrily chopping our way through seemingly endless thickets of gorse. We didn't of course always manage to get all the roots out, so there is quite a bit of regrowth coming up again. The Department of Agriculture has recommended two systemic sprays to us (Garlon and Grazon) but we are very reluctant to use chemical sprays which might pollute our soil and water. Are there any readers who know how these sprays work and whether there are any better alternatives? Goats are not much good, because there is much more tempting food along our creek banks. We would be thankful to hear from anyone who can give us some good advice.

**Helen & Wilfried Westermann**  
9 Christie Ave  
CHRISTIES BEACH 5165.

**Dear Grass Roots Readers,**

I have only recently started reading *Grass Roots* and am inspired by the feeling of connectedness and family among many of the writers. I have been sifting through some back issues given to me as well as current issues.

I would like to make a FLEECE RUG and would like some information on this as well as a LOOM to make it on. I've heard that a bed frame is a good loom but I'm not sure how to convert it. Also does anyone know about or make their own ETHANOL-METHANE type fuels? In an article on removing human wastes I read of the electric COMPOSTING TOILET. Is there any information including prices, and are these available in NZ? If there are other GR people in our area we'd love to meet you.

**Kathy Dover**  
Norwich St  
Hampden  
NTH OTAGO NZ.

**A Big Hello to All at Grass Roots,**

Any of my friends still waiting for replies, please bear with me, baby Thomas arrived a month earlier than scheduled (I guess Stork Airlines must have standby flights also!).

Julie Massoni (GR 68): we have found lavender oil in small quantities rubbed on the skin keeps most MOSSIES away, citronella can also be used, but keep this well away from eyes or any cut skin/wounds. There is also 'The Gumleaf Candle Company' (I don't have their address) natural insect repellent long burning candles; using these I see mossies but so far no bites have resulted.

My latest project is a travelling worker's guide to Oz, so if anyone has info on their local area I'd love to hear from you. Peace, love and all the best on earth to you all.

**Glen, Joanne and Thomas Sawyer**  
PO Box 61  
BLYTH 5462.

**Dear GR Readers,**

In GR 68 Blair and Peta Johnston were asking about a KERO INCUBATOR and I would just like to say that we have one (but want to keep it, sorry). There is a metal rod or something missing from ours and I wrote to the Brisbane Museum hoping to get some plans for it so we can repair it and get it going. My letter was sent to the Canberra Museum who in turn wrote back saying they couldn't help. So if Blair and Peta do get plans can I share them please?

Also I would like to ask readers if anyone knows where I can get a large quantity of BAMBOO about 7-10 cm (3-4 in) diameter as I would like to make a Japanese garden and I need the bamboo for the fence. Thanking you.

**Tess Saunders**  
PO Box 435  
RUBYVALE 4702.

**Dear Grass Roots,**

'Happiness is no laughing matter'. This and many another gem has come my way since my letter was published in *Grass Roots*, asking for people who COLLECT SAYINGS to write and exchange. What makes a quotation memorable? Sometimes it's humor, sometimes it's the neat way that a few words can encapsulate a fairly profound idea. Many a short sentence is drawn from long experience.

Well, I'll let it go at that. If anyone would like to swap some sayings please write.

**Jim Lanham**  
PACIFIC PALMS 2428.



# Feedback Link-Up Feedback

## Dear Megg and All GR Readers,

This is my second letter to you and the response to my first one was very encouraging — I received about half a dozen answers regarding my problems with sheep. Unfortunately, due to unforeseen circumstances I have been unable to reply to 4 of these helpful people — they will know who they are. So could I please say a big 'thank you' to them via this letter. I realise that it isn't the best way to do it but I feel a thank you like this is better than none at all. I've had one of my children quite seriously ill for some time and fortunately that is all behind us now. But what with an outside job, helping to run the farm and being a nurse as well, lots of things have fallen behind.

We haven't suffered many frosts this year and the ones we've had weren't severe so the garden is coming along well. We are getting ready to plant our next lot of vegetables; the oranges and mandarins from our own trees have been great as have the grapefruit. My banana tree has really gotten a growth spurt but, as I know nothing about growing BANANAS I'm not sure when to expect fruit. Our chickens are laying so we have free range eggs. The next step is to get some guinea fowl. Also, we are thinking about killing our own meat — lamb first and then, if that works out, we'll try beef. Anyone with any hints on home KILLING I would love to hear from you and this time I will get an answer back. What I need to know is what equipment is needed to cut the meat and also the most hygienic way of killing the beast (also the kindest).

And now, to finish up, maybe this little hint will help people in an area where WATER IS NOT VERY PLENTIFUL. I use a twin tub washing machine and resented the extra water needed for rinsing the clothes, even though I would then form a bucket brigade and water the garden with it. Now, I don't rinse the clothes because I make up the following mixture: 1 cup methylated spirits, 1 small bottle eucalyptus oil and 4 cups Lux Flakes. Mix together. One dessertspoon full in the washing machine cleans everything beautifully and in the final wash (work clothes) I add a dash more methylated spirits. Once a month I add some bi-carb soda to the water to soften any towels that may get a little hard. This has saved us so much water as well as my time. Hope someone benefits from this advice.



Anne  
PO Box 5  
BULAHDELAH 2423.

## Dear Grass Roots,

I'm taking an hour or so off from work to tell you about the old house we are demolishing. Three weeks ago I (Judy 43) plucked up enough courage to ask a local farmer if the old dilapidated house standing lonely in one of his paddocks was for sale. My husband (Alan, 49) and son (Mathew, 15) stayed in the car embarrassed at my cheek. However the farmer said that it was for sale, that it was too eaten away by termites to be removed (we couldn't afford that anyway) but that we could demolish the house for what good wood there was left in it and for only an unbelievable \$500. The termites had been poisoned so we didn't find any live ones but they had eaten through the wooden ceilings and these were fragile and on the verge of collapse. Also the rats had eaten through some of the rafters. With the recklessness of youth Mathew ploughed in and demolished them and then we could get to all the usable timber, tongue and groove wall panelling, solid floor boards and all that beautiful roofing iron. Yesterday the last of the frame came down, we have only the cleaning up to do now, without anything worse than splinters, blisters and a few minor cuts and two nails in Mathew's feet (he will not wear shoes). Our piles of wood, plus an old combustion stove and a claw legged bath into the bargain, were well worth the aching backs and sore arms. My elbows feel like rusty hinges after all the hundreds of nails I've pulled out of the timber. We now have enough materials to build our extensions with.

We had a tidy little two roomed house (plus bathroom) moved onto our block in January. It had been a 'granny flat', one of the rooms being used as a kitchen as it had a gas stove, while the kitchen sink was in the bathroom. Now that we have decorated and converted the house to a living room, bedroom and bathroom we require a kitchen which we now have ample materials for. We cope with living in our garden sheds but what a great day it will be when we move into the house with a livable size farm kitchen. It was going to cost us over \$2500 for new materials but now we have enough for a second bedroom, laundry and pantry. There will be enough left over for dog, duck, geese, chicken, turkey, goat and pig pens: our collection are very friendly and with the spring will require more accommodation, as we will have babies everywhere — the goats have already started.

Now for goodness sake, any of you that are thinking of building your own home don't buy new wood, if you can possibly find an old place to pull down. It's not nearly so hard as you would think and we didn't meet up with one snake or red-back spider (we watched for them though). There were plenty of cobwebs and mudwasp nests and rat poo and a cat skeleton but nothing that we couldn't handle. Think of the ecology aspect too — all that recycled wood that has saved a few dozen trees from being chopped down.

On NATURAL BIRTH CONTROL, do study the book *The Billings Method* by Dr Billings, after a few months it does become very natural. I had an IUD (intra-uterine device) put in after having five babies (all very loved and wanted I would like to add) but had it removed when my views on abortion became decisive. An IUD is an abortive which wasn't made clear to me at the time. It was many years before I had the courage to rely on my own willpower and the cooperation of a loving mate. Now with the Billings Method I can look forward to my last few fertile years being safe from a risky pregnancy. The method is also very helpful if you wish to become pregnant.

To Alma (GR 68): I have never actually made MEAD as we haven't any bees yet but years ago I copied a recipe from a borrowed *Mrs Beeton* (marvellous book).

5 lb (2.3 kg) honey  
3 gal (13.6 l) water  
whites of 2 eggs  
½ in (1 cm) of whole ginger  
1 blade of mace  
½ in of cinnamon  
3 cloves  
1 tbsp brewers yeast

Beat white of eggs slightly. Put in large pan with water, honey, ginger, mace, cinnamon and cloves. Stir frequently till boiling point is reached. Simmer gently for 1 hour. Let cool, strain into cask, stir in yeast. Cover bung hole with cloth until fermentation ceases then bung tightly. Stand in cool, dry place for 9 months. Pour into bottles and cork tightly. May be used immediately or will keep for years.

I will be sending an article on LIVING IN A GARDEN SHED as many people seem a little apprehensive of the break from living with all the mod cons. We have learnt a lot and someone might find the information useful.

Judy Carter  
MS 172

Lot 41, Goomburra Forest Park  
ALLORA 4362.

## Dear Friends,

Just a note to say we have read and enjoyed your magazine since its earliest days. We are in the early stages of homesteading some acres on a remote part of Cape York Peninsula and due to various circumstances and our personal philosophies are using almost no powered machinery. Gathering information by mail can be painfully slow and the radio telephone overcrowded, so we would appreciate if any readers can tell us where we might obtain some presumably EXTINCT TOOLS — scythes, pitchforks, butter churns and devices for hulling seeds such as sunflower, millet, corn, rice — or info on constructing our own.

Our property could do with a few more settlers to reinforce a slowly evolving community. If interested feel free to write. We have found that it takes a special kind of person to adjust without drama to the remoteness, lack of facilities and the assaults of nature. It usually necessitates the throwing off of years of urban conditioning and hangups, however we are finding the rewards many and varied. Peace and contentment to you all.

Roy, Sandi and Rohan  
PORTLAND ROADS 4871.

## Dear Readers,

My request in GR 66 for information on SCHIZOPHRENIA resulted in many kind and informative letters that gave my parents hope for my brother.

Would the lady from Comboyne please write again? I've lost your letter and I would like to visit and share the information I've received with you. Also anyone else interested, please write, and I will send on info and names and addresses of suggested doctors and books of interest. I hope I've answered all letters, if not please accept my thanks, they were greatly appreciated. Health and happiness always.

Val Shields  
Lot 1

Comboyne Rd  
UPPER LANSLOWNE 2430.

# Feedback Link-Up Feedback

## Dear Grass Roots,

I have been a reader of this great magazine for many years and have found it most informative in its articles and in the letters that other readers have contributed. I am a member of a Catholic community who work with the intellectually disabled. Here in Albury we have a community of thirty people, twenty two of whom are mentally disabled.

We have nineteen acres of land. We grow most of our own vegetables, have an orchard that supplies us with great amounts of fruit during the summer, and some acres where we have run a small herd of dairy goats for some years. The goats have supplied us with much milk. Unfortunately due to other work loads we are now phasing out the herd. We will continue to run a small flock of sheep, some calves and geese.

I am seeking some help in building a WOOD FIRED POTTERY KILN. I have plans for a 'raku' kiln. I would be very grateful if someone could help me with designs for a wood fired kiln that would do all types of pottery. I hope to start doing some pottery with the people that I work with. Also would someone have plans for a SPINNING WHEEL? With our sheep I have ample fleeces at times. Again, thanks for a great magazine.

**Stephen Magann  
PO Box 679  
ALBURY 2640.**

## Dear Megg, David, Sunshine and Staff,

Could your readers please send us information about how to build, dig, set up a NUCLEAR SHELTER for 12 humans, farm animals, poultry and native fauna? Also how to store foods, water, handcraft, art, craft materials, seeds, seedlings, plants, bulbs, trees, grains, cereals, tools, firearms and other arms for protection, and other useful things and books. Soils and worms in drums. What sort of water supply, how would we get fresh air, light? What sort of ground would suit to dig and build a nuclear shelter in, how do we build one without anyone knowing what we are doing? Can we sort of build it under our house like a cellar? Hoping someone can help us.

**Robyn  
PO Box 123  
WARRIALDA 2402.**

## Dear Megg and Kath,

A number of 'alternative' periodicals come my way and in all of them at some time there has appeared an article on SOLAR POWER. With the exception in my memory of a rather enigmatic character called 'Peter Pedals' the common installations seem to carry with them an enormous cost e.g. GR 68 where the cost of equipment totalled \$10,000 — not a small amount!

Well it needn't be so. Our family here have been utilising two panels, batteries (two 6 volt 'deep cycle'), regulator and inverter (300 VA) for a year and a half now with only a couple of self inflicted beginners troubles, quickly and cheaply solved. The total cost of our system was \$1400. This was when the Electricity Trust wanted \$10,000 to connect up, put on top of that a further \$2000 odd for the electrician to wire the house, it would have been quite a considerable amount. A pity I can't recommend that you do it yourself — it's really pretty simple. I have also installed a small device called an 'Earth Leakage Detector' to protect inquisitive children from finding out where the 'flashes' come from.

We live quite comfortably within the limits of our power (we have a back-up generator which I already had for work. I'm a carpenter). Care must be taken in winter because of the shortage of sunlight but in summer we have more than we need. I have even considered — tongue in cheek — offering my extra power to the Electricity Trust! Anyway, that's about it, don't despair at solar electricity, it can be real cheap if you want it to be.

**Joe Carli  
YANKALILLA 5203.**

## Dear GR Readers,

I have received the most wonderful news today — I am getting a transfer to the mid north coast, around the Crescent Head area. My dream of a simple, peaceful life by the sea has come true!

I would love to meet any GR people in the mid north coast. Does anyone need a bit of a hand on their farm or building their mudbrick/earthen/timber homes? I would be keen to get involved in such activities as the experience will come in handy when I get to that stage of my dream. Thanks for a wonderful and inspiring magazine.

**Jude  
C/- 26 Houston Rd  
YAGOONA 2199.**

## Dear Grass Roots Friends,

Having placed an ad in GR 68 under the Contact column, I would like to express my warmest and most sincere gratitude for such an overwhelming and manifold replay from readers.

Men and women from all over Australia, north, south, east and west have responded in a most beautiful way and proved again that a pure mind and body through clean and disciplined living and contact with nature which are the simple but most valuable things of life are still and always have been the fact and foundation for a happy, harmonious and balanced life and hopefully in the future the aim and achievement for all mankind on Earth.

*Grass Roots* would be the magazine which has the capability of providing an opportunity never as yet given from any other magazine in Australia. It provides a medium for like minded people making contact with each other who lean to the deeper and more beautiful things of life, to self knowledge, artistic and higher consciousness development. *Grass Roots* is a helper in the adventure of the transition time for humanity from one lifestyle outgrown into a future lifestyle of a more satisfying life for all on this planet in time to come, and hopefully will bring us into the so long foretold golden age and 'Peace on Earth'.

**'Lady Sagittarius'  
PO Box 345  
BAULKHAM HILLS 2153.**

## Dear GR Readers,

This is my first letter to *Grass Roots* magazine and I am greatly inspired to read about people being involved with such a variety of down-to-earth activities. My partner, Ebenezer and I are working towards one day owning some land and developing a somewhat self-sufficient lifestyle, maybe with the help of some like minded people.

During the CHRISTMAS HOLIDAYS, Ebenezer 36, Jessica 5, Alison 3 and myself Therese 25, are heading off to eastern Victoria, southern and northern areas of NSW and maybe even north to Queensland. We are interested in looking at areas of fertile land, vegetarian communities, self-sufficient lifestyles and communal land-holders. Ebenezer is a technical studies teacher — a very handy handyman — and I dabble in vegan wholefood and cake produce for markets and shops, as well as caring for my daughters. We would love to meet owner builders, and vegetable, herb gardeners. So maybe you could contact us before we head off in mid-December, to look for our piece of paradise.

**Therese Ryan  
Boorool Rd  
VIA LEONGATHA 3953.**

## Dear Megg and David,

I have 'accidentally' found the recipe for WHITEWASH so here it is as promised.

In a large container put 64 parts of quicklime (calcium oxide) and slake with warm water, cover to retain the steam. Strain liquid through a fine sieve then add 32 parts of common salt dissolved in water, add 6 parts rice flour boiled to a thin paste, 2 parts animal glue (the kind used to mend musical instruments) dissolved in water, one part whiting, two parts dissolved laundry blue, then add 60 parts hot water and stir. Cover and stand for several days, apply warm if possible.

I don't know where this came from so I can't give any information on its source but I do know I love the look of whitewashed fences and buildings. I am negotiating for my own little 'share' near Mt Cortune in far north Queensland and if it comes off there will be nails, timber, iron posts and all sorts of building materials flying in all directions, I can hardly wait. Oh and of course the whitewash too, plus goats, chooks, geese, gardens etc. I've twelve grandchildren and my ambition is for them to have somewhere to come where they can get back to nature, even just for school holidays, and at the same time have a satisfying lifestyle for myself.

**Jeunne Jennings  
C/- PO  
PORT DOUGLAS 4871.**

*Another good source of whitewash recipes is The Weekly Times Farmers' Handbook, especially the earlier editions. The following recipe comes from the Earth Builder's Companion (\$7.50 posted from Night Owl Publishers, PO Box 764, Shepparton 3630), a very handy reference for all sorts of building information: boil 13 l (3 gals) water in a large can, add 6 l (10 pt) of unslaked lime (calcium oxide) and stir well. Add 250 g (8 oz) melted tallow to the boiling mixture and stir again. Apply with a large brush, adding more water if necessary.*



# Feedback Link-Up Feedback

## Dear Friends,

First of all I love your magazine. it is such an encouragement to know there are so many other like minded people who just want a quieter and more peaceful lifestyle.

I live at Matapihi, Tauranga, New Zealand at the moment, in a large caravan on a market gardening property. Up until a few days ago I was on an acre of leased land which I spent many hours cleaning up and where I laid out and planted cauliflower, broccoli and silverbeet for the markets. I was very happy there, full of plans to plant herbs and shrubs, when my caravan was broken into and my TV and stereo were stolen. My nearest neighbour has been broken into about 4 times and so have many other houses in this area. It is a sad fact in NZ that many areas like this are definitely a problem when it comes to lawlessness. As well, my crops just got trampled by the local population of kids and dogs cutting through to steal fruit from surrounding orchards, or just roaming around by the score in the latter case.

Anyway, that is not really what I wanted to write about. I would be very interested to hear from any communities in New Zealand. I am a 24 year old guy, all I want to do is settle down, build a modest dwelling on the land, work hard (which means as long as necessary a 40 hour week in town — I currently work in a bank — and whatever it takes on the weekend), hopefully meet a nice girl to share life with and live happily ever after (it is possible) without constant worry about finances and how I'll ever get there, which I think comes from trying to 'go it alone'.

What I am looking for is a group of like minded people, not a commune, not into religion as a group, or drugs, who perhaps live separately but all on one big bit of land with room for organic growing and all the other things that go with semi self-sufficiency. I am the sort of person that needs and enjoys people but just don't seem to be able to cope with the stress and worry of trying to achieve the kind of lifestyle I yearn for alone. Love to hear from anyone who shares my desire or whatever. Love to all.



**David Mulholland**  
PO Box 10090  
Arataki  
MT MAUNGANUI NZ.

## Dear Friends at GR,

We arrived here in January for the fruit picking season. It was very hard work, especially minding Ben (4) and Talitha (2), but they were such good children, playing with their toys under the trees. David hired a cherry picker, and I did the bottoms of the trees. We camped in a tent until April, when the season was over. Then, just as the rainy weather set in — it's been unusually wet here in Shepparton this year, we found a little old house on an orchard to live in. David and I both did the pruning course at the local TAFE college, and are now certificated pruners. David has been offered permanent work with the same firm we picked for during the summer months.

We have found the people in SHEPPARTON to be so friendly and outgoing. Folk have time to stop in the street for a bit of a chat. Even the CES and DSS officials seem to be human here. We keep meeting people who have a really Christ like attitude to life, so we decided to stay here. We hope eventually to buy some land on the outskirts, and work towards self-sufficiency. The climate here is lovely too. At Bendoc, in the Snowies, the weather was too uncertain — -8°C (18°F) on the last day of November was just one example. Also, there was no work available, and with the economy as it is, I don't know how much longer the government will be able to assist those who can't or won't work.

To Kim Hynes, who wrote concerning IMMUNISATIONS, this is a subject many mothers agonise about today. Perhaps I could suggest that Kim try to obtain some books by the Jewish doctor — sorry, I can't recall his first name — Mendhellson — in particular *How to Raise a Healthy Child in Spite of Your Doctor*. It has some well researched statistics on child immunisation and its results.

To Lacey Sebastian, I agree on principle that it is not nice for *Grass Roots* contributors to receive UNSOLICITED MAIL of some kinds. However, it is a simple matter to throw it out if it offends you. I received the same chain letter she refers to. The lady who sent it to me particularly chose contributors to *Grass Roots* with the belief that she was providing them with an opportunity to better their financial situation. Anyway, dear folk much love until next time.

**Christine P Husk**  
Channel Rd  
SHEPPARTON EAST 3631.

## G'day Folks,

I first bought *Grass Roots* 10 years ago now and I've finally made the move to my own land with my family (2-4). We have 370 acres of scrub and mountain with a nice creek. The property is about 80 km north of Bundaberg and we found the most amazing WORMS, just like a GARDEN WORM but heaps bigger (up to a foot long). Could anyone tell me about them? I thought if I introduce the red or tiger worms they may compete for habitat. We're going to leave most of the land as it is but what we have to clear we try to use, no bulldozer wrecking great tracts of forest for me. Here's how we do it. First I tell the trees of the need to use the land they occupy, giving their spirits time to leave (a week or more), then I fell the timber, nothing is wasted. The trunks form a log and chock fence for my no dig garden, the leaves and small branches I chop with a machete into pieces under a foot long, to be used as mulch in the dry. The other timber is used for fire wood. This is slow and labour intensive but has benefits, not the least being the glorious smell from the leaves.

We live in an old leaky caravan which I built a frame of wattles over and stretched a tarp (30 x 30) all joined by Cobb and Co hitches. We think it's better than paying rent.

A while ago I wrote to some people on a community at Bororen but have since lost the address, so if you see this letter folks, drop me a line.

Also in Brisbane I had a hive of native bees in my garden. They lived in a hollow log with a removable top. I saved them from a bonfire and they repaid me with the most excellent honey. Can anybody tell me more about them please? Can I put them in a 'normal' hive? I've been told European bees destroy a lot of tiny wild flowers.

**Matt and Zena Casey**  
Lot 20 Tablelands Rd  
BERAJONDO 4675.

## Dear Grass Roots and Readers,

Have only been reading your magazine for the past 4 issues (after a friend put me on to it) with great interest, and have picked up many helpful hints.

There is increasing interest in ALOE VERA and as I have over 40 established plants with at least 100 pups at foot, I thought I would pass on some information.

The parent plants are only 2 years old and most have put out 6-12 pups. They are not a succulent so do not grow from a leaf. The uses of aloe vera are numerous. A few uses are for burns, sunburn, scratches, sores; with the gel it is vitamised, mixed with water to drink for arthritis and general cleansing. The healing process is magic with very little scarring. I live on a farm and am always scratching my hands which infect so I just rub the juice from the aloe and after a few applications a scab forms with no infection. It also seems to have reduced the age spots (I'm 53).

Only bought this place 2½ years ago and have renovated an old home which was derelict and vandalised. It is on the outskirts of the town overlooking the sea. There is certainly plenty to say about the country life particularly when you have read about the hate, violence and carnage in this screwed up world. Best wishes to all.

**B Burnen**  
PO Box 136  
PORT LINCOLN 5606.

## Dearest Grass Roots Readers,

Hi all! I've been an avid user of GARLIC for ages now — keeping away winter colds and bugs. I've always bought it, but now I've taken to growing it. I would love some advice on growing it e.g. how long it takes, when you pull it out of the ground, if you have to dry it, and so on. Also the same for onions.

Does anyone have any good ideas for recycling newspaper? I hate throwing anything away! My last, but not least request for advice: a friend recently gave me an ALOE VERA plant — what are its uses, how do you use it, how do you take cuttings from the plant?

A word of praise for this great magazine — keep it up! I hope everyone is well and enjoying a wonderful life. A special hello to Rob Taylor. Yours in nature and the environment.

**Donna Gibson**  
C/- 16 Karrinyup Rd  
TRIGGS 6029.

*Aloe vera is frequently recommended by our readers for its healing properties, and articles on it have appeared in GR 48 and 49.*

# Feedback Link-Up Feedback

## Dear People,

As a parent reading to my children I have noticed a lack of stories that reflect our kind of lifestyle and life values. While it is good for children to read about different ways of living, they also need to read of the familiar. So, like many of you, I make them up. This made me think about the wealth of stories that must be around as inventive *Grass Roots* parents invent stories for their kids. I am starting to COLLECT THESE STORIES with the idea of compiling an ALTERNATIVE STORY BOOK. So if you have a favourite story, rhyme or poem of your kids or grandkids or even an idea you never really worked out, write it down, and send it to me. If you don't have time to write it tape the story and send it. I'll transcribe it and return the tape. Have a go and we ought to produce a great book for our kids and others to come. Maybe show some other children how we live as well. Any drawings would be great too. Hope to hear from you all.

**Carolyn  
'Wychwood'  
Boorolong Rd  
ARMIDALE 2350.**

## Dear Readers,

We are very desperate and hoping someone can help us. My dog and cat are both infected by BROWN DOG TICK. Not the tick that kills, they look very much like crabs that stick on but they don't bury their heads. We have been struggling to get rid of them for 8 months. We don't want to use chemicals as we have a toddler who has contact with the animals. I bath them in tea tree oil and pick lots off when they are wet but cannot rid them completely of this pest. Please help. Thank you very much.

**Della Gillen  
PO Box 621  
BARMERA 5345.**

## Dear Grass Roots,

Would any VEGETARIAN READERS care to send me their favourite tried and true recipes? We have decided to give vegetarian food a go but are finding most recipes we have fairly tasteless. Any replies would be appreciated and all will be answered.

**G Harwood  
6 Oak St  
BLACKWATER 4717.**

## Dear Grass Roots,

Until recently, I always thought that I was an outcast on this earth, I never had any purpose in life. I tried the army, printing, bricklaying, but I always felt out of place and unfulfilled. Then I met Lady Jayne. She introduced me to the aspects of grass rooting and subsequently *Grass Roots* magazine, now I know where I'm heading in life. My aim is to buy a small farm out in the sticks, electricity not a necessity, where I can grow my own vegies, have a milk cow, a couple of sheep and a few hens.

Just think, no neighbours, no hassles, no pollution, just sitting on the porch watching the sun go over. I know it's not as simple and idealistic as it sounds and that there is a lot of hard work involved, but work is something I like doing, especially if it serves a purpose, and creates a benefit for myself, like growing my own food, thus living healthy, and fitter than being just a fat lazy city boy.

I thank you again, from the bottom of my heart Lady Jayne, for all that you did for me.

**S A Rogers  
55 Cumberland Ave  
CUMBERLAND PARK 5041.**

## Dear GR Readers,

I was wondering if any of you have any suggestions as to how to EXTRACT JUICE from VEGETABLE PULP. The reason for my enquiry is that juice extracted from vegetable pulp under hydraulic pressure is much superior to that extracted by the normal centrifugal method of readily available household juicers. It does not oxidise, can be kept for several days, and is richer in vitamins.

About 3½ tonnes of pressure is needed to efficiently extract juice from vegetable pulp, which can be placed in a duck canvas bag for pressing, from which the juice can run into a container. The pulp is initially obtained by mincing the vegetables. Can anyone suggest any innovative means or device by which to press the bags containing the pulp without either adulterating the juice, or involving a large expenditure on a specially constructed hydraulic press?

**N E Bury  
PO Box 336  
VAUCLUSE 2030.**

## Dear GR,

I am in search of information and plans for a COMPOSTING TOILET, other than the commercial makes (Clivus). If anyone has a homemade operational toilet, I would very much like to hear from you.

**Jim Turner  
PO Box 327  
BRIDGETOWN 6255.**

## Dear Fellow GR Readers,

To fill in that seemingly endless time of waiting for the next issue of *Grass Roots* to appear in the shops, I have been reading through some early back copies borrowed from our local library. I can't help wondering when reading all those hopes and dreams expressed in Feedback, what happened to you all? Did you realise those ambitions, and have you been happy? I hope so.

I notice that the subject of WARTS is a constantly expressed problem and would like to venture a theory which my husband has formed after accidentally getting rid of a wart from the back of his hand. Warts appear to like fresh air and sunshine, which may be why they grow on exposed areas of the body. Deprive them of this necessity and they go away. Fearing skin cancer, Dick had been using a sun block stick on his wart, but a friend who had independently made the same discovery used plain sticking plaster, just a little larger than the wart, and changed it every time the plaster started to look tatty. It takes about two or three weeks so have patience, but keep an eye on it in case some undesirable reaction takes place. Here's hoping it works for you. Also have you read issue No. 50 of *Organic Growing*, and the article on Maggs Hardware Store in Dandenong? I have been into that shop several times and it is just as Peter Abetz describes it. If the machine part you want isn't there it probably doesn't exist, and if it doesn't exist, Mr Maggs will make it for you. LISTER SEPARATOR owners take note, Mr Maggs is believed to be one of only two known ironmongers in the world who can manufacture the parts to keep your machine going. The phone number there is 03-792-0257.



**Elsie Hoare  
14 Ayr Crt  
BERWICK 3806.**

## Dear Grass Roots Readers,

I always enjoy reading *Grass Roots*, and over the years, have obtained much pleasure and information from your pages.

In GR 68 Frederick Bailey asked for information on making LYE FOR SOAP MAKING. Whilst I have never tried the following, it seems to be a fascinating piece of our heritage. Taken from a very informative and entertaining book first published in 1894, *The Australian Enquiry Book of Household and General Information* by Mrs Lance Rawson, first published by Pater and Knapton, the following hints are given on lye making.

'To make lye — put half a pound (250 g) of unslaked lime into two gallons (9 l) of water, add to that six pounds (2.7 kg) of washing soda and boil gently for an hour or so. When cold pour off the liquor or lye.

Another lye — ten quarts (11.3 l) of water, six pounds (2.7 kg) of quick lime (shell lime if possible) and six pounds (2.7 kg) of washing soda. Boil for one hour, let it stand and draw off from the sediment.

Another — take three pounds (1.3 kg) of soda, three pounds (1.3 kg) of slaked lime, and 12 quarts (13.6 l) of water. Boil 20 minutes then let it settle and strain.'

Not everything in this book can, in the light of modern nutritional knowledge, be taken seriously. Sometimes I feel that our GRANDPARENTS' DIET was, in other ways, just as bad as junk food is today. As an illustration, instructions for cooking vegetables state: 'All vegetables should be laid in cold water once they are cleaned and ready for the fire. Let them stand at least half an hour, or longer; for this reason, it is always best to impress upon a servant the necessity of preparing the vegetables for the dinner some time beforehand. They should be allowed plenty of water in which to boil, and care must be taken not to overdo them, as it spoils their colour and appearance. A piece of soda, half the size of a bean, should be added to a gallon of water, for boiling green vegetables. Hard water is bad for any green things; it spoils their colour. They should be put into boiling water with a handful of salt, and when they sink it is a sign they are done.'

**Pam Ellis  
19 Childers St  
CRANBOURNE 3977.**



# Feedback Link-Up Feedback

**Dear Megg and all GR Readers,**

Could *Grass Roots* or any reader have information on how to make some VEGETABLES PRODUCE SEEDS, which would be of benefit to myself and other readers. This year I am growing my vegetables from non hybrid seeds. Some plants produce seeds normally with the fruit such as tomatoes, capsicum, beans etc. but others do not. They are carrots, beetroot, silverbeet and many others. I have left carrots and beetroot growing for two years but they did not produce seeds during this time. I have heard that if the plant is pulled out of the ground and then replanted, it will then go to seed, but I have not tried this method. If any reader has any practical knowledge would they please share it through these pages so that all readers may benefit from their knowledge.

**C F van der Lelie  
54 Charles St  
TOOGOOOLAWAH 4313.**

**Dear Soul Mates,**

This is the first time I am writing in, although I have been an avid reader for a long time. I have just returned from India after a long holiday (ten months). I actually went there to have our baby and to be with my family. I am very happy to be back home with husband Barry (he's Aussie), an electronics engineer who does lecturing in country areas in the southern wheat belt region of WA. I share most of his interests (except computers). We try to be as self-sufficient as possible, sharing a dream of being completely self-sufficient one day.

I am originally from the northern part of India and *Grass Roots* appeals to me a lot, maybe because it reminds me of that feeling of camaraderie which exists in India even today. People will travel long distances to lend a helping hand in times of adversity or a shoulder to cry on (although things are changing in the name of progress and modernisation — sigh!). Our daughter Amy is a cute four month old bundle of joy. She is being breast fed, she likes her solids, home cooked of course, I do not trust most of the commercial products. I grew up on home produce mostly and love it, even here in Australia our supermarket purchases are minimal. Any BREAST FEEDING MOTHERS are more than welcome to write and exchange ideas and experiences.

My personal interests are bio-dynamic gardening, home birthing, yoga, herbal medicine, music (especially folk), psychic matters, Aboriginal studies, concern for our environment and last but not least, reading this magazine.

Can anyone please tell me where to obtain patterns for making Aussie animals? Some info on primal therapy, companion planting and moon planting would also be greatly appreciated. Being with *Grass Roots* is like being part of an extended family. Thanks Megg, David and the entire GR gang, the magazine is a tonic, what would we do without it. All letters will be answered. True friends are always together in spirit.

**Bhavna Kauler  
PO Box 25  
TINCURRIN 6361.**

**Dear Grass Rooters,**

Time for a line, I think. Born in one of Europe's capital cities gone mad and affected by its mental turmoil till I'd had enough, I first made my escape to the countryside over there for 4½ years. Meeting some grass root type folk and gaining the sanity I'd never possessed before, I with mate and kids took the plunge to settle in Australia 7½ years ago.

Nothing is easy is what my 'before' life had taught me and the strength gained from former trials has pulled me through all the challenges of making it here and of course we made it! 4½ years ago we bought our block of 40 acres. Today there's our nearly finished lovely self-built house and shed with solar power and wind mill power (back-up generator rarely needed), greenhouse, organic garden, flower garden, the bore sunk, fencing done, chookhouse built . . .

Rome wasn't built in a day, neither was our place. Hours of hard work were interlaced with hours of enjoying it all and especially for me . . . letting the inspiration bubble up and eventually flow to write poetry I never knew was fermenting in me like good ginger beer. Also new friends to meet, all offering treasures in doling out their own experiences and even physical help where they could.

The FLEAS were a continual nuisance for our Shep and loathing to use chemical fleabaths any longer, I tried feeding him raw garlic, which is also an age old remedy for worms and the fleas had disappeared completely. Thanks for a wonderful magazine and good luck to all grass rooters in their efforts to lead sane and meaningful lives.

**Gaston de Comp-ass-ion  
COOMINYA 4311.**

**Dear Megg and David,**

I would like to share with you a FUNNY EXPERIENCE my husband and I have had. Having bought *Grass Roots* for a few years now and being city bound residentially we were happy to grasp the opportunity to be able to try our hands at making mudbricks at the caravan park where we leave our caravan.

The SEC were extending the power onto extra sites, leaving long trenches of sticky clay. As it was difficult to clean up during winter we decided to make a mould and make mudbricks and clean up our site as well. We had fun although I doubt the durability of our product, which we hope is going to end up in the shape of an openfire cum BBQ area. The funny experience came at the conclusion when the caretaker returned and asked had we found his dentures, which he discovered were missing from his pocket after grading the mud off the road! Keep smiling Ron.

**Two Young Oldies  
HUNTINGDALE 3167.**

**Dear GR People,**

It would be a great relief if someone could tell me a cure for my husband's ITCHY, DRY, FLAKY SCALP. We think it may possibly become worse if something stressful occurs. A natural shampoo would be a help too, anything must be better than what's on the supermarket shelves. We have tried a range of shampoos from the health stores but nothing so far seems to help. Still enjoying your inspiring magazine.

**Julie Curtain  
C/- PO  
ESPERANCE 6450.**

**Dear GR,**

Thanks for the great magazine, although I seem to be always waiting for the next issue to arrive. We will be travelling next year and I need to STORE CLOTHES, linen, good books etc. for possibly two years. Do any readers have suggestions for storage to KEEP BUGS OUT? I'm especially worried about cockroaches getting into my best books.

Also hello to folks at Tara. We will be out there one day and I would like to correspond and hear about how you are managing. I also need info about having a dam dug on our block. Thanks again and keep up the good work.

**Susan Schell  
Treasure Island Caravan Park  
LABRADOR 4215.**

**Dear Friends,**

We have successfully TAUGHT OUR CHILDREN AT HOME from before birth to university level. We are putting all of that experience in a book and making kits and correspondence courses so as to encourage other families to enjoy this life enhancing experience. We would like to hear from anyone, or any organisation, with experience or ideas in this area so that we can share with you, learn from you, and provide mutual support and encouragement. In fact, if you have any interest at all in the education of children we would like to hear from you.

**John & Camille Peacock  
43 Sharland Ave  
NEW NORFOLK 7140.**

**Dear Fellow Grass Rooters,**

I have been a fan of 'our' magazine since issue 1 and have most copies in my library. Unfortunately I can only live a 'part time' grass roots existence, being citybound, but as a family we enjoy our own fresh duck and chook eggs, grow our own vegies and try out all manner of handy and practical ideas. I love writing letters and would dearly like to CORRESPOND with any lady GR orientated or just down-to-earth home makers. I'm Sue 45, husband John 45 and daughter Louise 18. Hope someone with like ideas also enjoys writing letters. Many thanks to Megg and David for all the practical help over the years.

**Sue Raines  
57 Harbord Rd  
HARBORD 2096.**

**Dear Readers,**

I have an AGA FUEL STOVE and I would like to know if anyone knows anything about them. You see it doesn't matter what sort of wood we burn, we get a lot of sticky tar, and we have to clean the stove every day otherwise it won't draw. The stove is an early model — you have to feed the fuel through the top, the opening is only about 10 cm (4 in) round. It's a large stove, with 2 hotplates and oven and a warmer. Any information would be very much appreciated.

**Mr P Hupp  
PO Box 6  
MENDOORAN 2842.**

There are few of us who have not gone through periods when life has seemed out of our hands, out of our control. And when in that situation it's really hard to see a way out. Often too the predicament worsens and what initially seemed a temporary setback becomes all engulfing and people feel victims of their situation — and of society. Can you change such circumstances, can you climb back to take charge of your life, of a life that is financially secure and rich in satisfaction? John and Leah Ford have been caught in the destructive bind of trying to run a small business and pay off their house at a time of rising interest rates. When their health and marriage deteriorated they decided to bail out and take time to recreate a lifestyle that was more in tempo with their beliefs. The plan they laid down for themselves may be of assistance to you.

# TAKE CHARGE OF YOUR LIFE

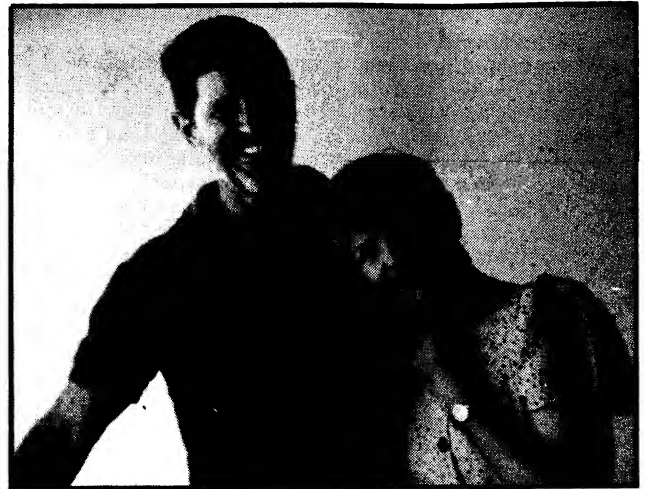
by John and Leah Ford, Clermont, Qld.

We are not all that far down the track to a GR lifestyle, but much further than we were this time last year, and aeons away from that day when I bought our first copy of *Grass Roots* about four years ago. Perhaps our experiences may help others, for we too were once questioning a society into which we somehow failed to fit; we too were once forced to live on the dole, yet we both instinctively knew there had to be a better way.

When Leah and I met we had very little, but we were both determined never to be the pawns of the corporate state. Although we had Commonwealth jobs, we were slowly being undermined by a standard of mediocrity which was destroying our individuality. When an opportunity developed to work for ourselves we left our jobs and took on contract cleaning. The money was good so we bought our home oblivious to what lay ahead. When interest rates rose our payments went up but we were unable to charge higher rates. We also had to meet the monthly leasing payments. The effort proved too costly in hard cash and emotional energy, which was affecting my health and our marriage. Victims of rising interest rates and cut-throat competition we sold out on a downturned market and thankfully broke even.

We were now on the dole. Although we were not over-excited about social security, it gave us a breathing space. Our health and marriage improved, we had time to think and evaluate the past. It was a time of experimenting and questioning, a time of new learning. It was, as it turned out, a busy time. We could now do a lot of those things we had previously only dreamed about. Not that we had any cash reserves, but we began to enjoy the simpler things — gardening, meeting friends, jogging, writing, sewing, bicycling and gaining other qualifications. We had cheap rent and we bought in bulk thus saving needless use of fuel and enjoying the 'town' trip a whole lot better. We became involved in community work and Leah had first choice at the op shop clothes as they came in. Since then we have both found employment and now look to the future and our block of land which we bought for a few hundred dollars when a shire wanted to get rid of some unwanted land. Sure it's not big, nor in a beautiful location, but it is far from the madding crowd.

We now have definite goals, and with a bit of perseverance we will make it. For those who are in desperate straits and cannot see a way out, our heart goes out to you. We were once there, reading and dreaming, so perhaps we can pass on some of the lessons we learnt along the way. They will not be to everyone's advantage, for we are all individuals and must make our own choices and carry the responsibility for those choices. To us it became an axiom that we are responsible for



John and Leah — 'it's not so much where you stand in the world, it's in which direction you are moving'.

our own situation. We are where we are. We could blame others, but it achieved nothing. So we concentrated instead on what we had: each other, good health, determination, no fear of challenges, a couple of bicycles, a small ute and our potential. These proved the most valuable building blocks. But first we had to unlock the door, and accept the fact that we were responsible for our own situation. Here are the propositions that underly our personal philosophy:

- We are all going to die.
- We all must pay tax in some form.
- Things are going to change.

True you cannot escape death, but you can take better care of both your body and mind. We left the fast foods for fast people, and concentrated on basic wholesome food. We did not become fanatical about this, but we have ruled out some food, and concentrated on the better more natural food. We seldom eat out, and balance what we eat using health conscious cookbooks. Likewise we work our bodies, by bicycling, gardening (very productive food-wise) and outdoor activities. Although middle aged we both appear years younger. We love to hear about those who are 80+ and who still maintain their bodies and minds. It's a challenge to all of us.

Death also means the passing of time. Where do you spend your time? TV has little use in our lives now. Not only does it promote what is at best mediocre, but it also captivates whole generations into consumerism. We have taken up an 'early to bed, early to rise' attitude which also helps. *Grass Roots* and other alternative magazines, books and friends provide entertainment and limit our intake of the mass media. We both love the Feedback letters. This is the kind of



stimulation we need — people taking charge of their lives, changing it where it can be changed, modifying or compromising where it cannot. We are informed by their efforts, successes, and failures, and generally encouraged by their determination.

How do we save on tax? We accepted a lower wage and avoid consumer type spending. Beer attracts a hefty tax, so I have taken up brewing my own. The humble vegie garden, home fruits, own eggs, soap-making, sewing and a whole range of activities keep hard earned cash for the big items. We have settled for a different standard of living, not a lower standard as others would term it.

And things *are* going to change. We must learn to live with this change and not waste our resources by trying to halt the inevitable. True there are issues Leah and I will go in and fight for but knowing what can be changed is an acquired skill. Nor will we become enmeshed in a protracted battle, perhaps costing thousands, to protect our land from some multinational giant. Such large scale companies are financed by lots of people, many of them small investors, so our fight would really be with a lot of people who don't know what is going on and probably don't care. Do you know what is happening with the funds you may have invested?

Well, how does your attitude rate in the face of those three examples? I hasten to add, I'm not asking for you to agree with what's been expressed, rather hoping that you have perhaps seen there are a number of ways to look at a single issue, and that by noticing another perspective, a solution springs to mind. So if you feel you are caught in a poverty trap or doomed to a consumer lifestyle you probably are. Or you can change your attitude and do something about it. We made the break and found opposition. We also found ourselves.

Here are some hints which we found helpful, not necessarily in order of importance.

Get out of consumer debt. The aim is to remain happy and creative without causing undue strain on the economic structure or the land. You need to be free of debt, in order to be free to live your own lifestyle. Do not compare yourself to others, or believe the 'buy now, pay later' advertising hype, this only leads to disillusionment with yourself, and a search for the trappings of those you try to copy.

Start a personal health programme. We have made it a practice to use the cycles instead of the vehicle, thereby getting exercise and saving about \$15 a week on fuel, and Leah can even do the shopping without any great hassle. Perhaps walking is more your style or even jogging to work, or at least part of the way. Regardless of the method the aim is to increase physical output and conserve your other energy. If you intend to go bush you will need to be physically robust, not an Olympic hope but capable of physical work for lengthy periods. Both Leah and I keep away from fast foods, and have fruit as snacks. Apart from that, we eat all foods, but stick to grilling rather than frying.

Take a first-aid course. The bush is a lonely and dangerous place for the injured or sick. Snake bite, stings, accidents with axes and machinery, falls and disease are unfortunate facts of life. It's usually too late to reach for the first aid manual at these times. Best to be prepared. Ambulance centres, St John's and Red Cross all conduct courses which are relatively cheap and it's time and cash well spent. Besides, you owe it to the rest of the community to help others



Working on our compost heap. The bin is built from a pallet which allows air to circulate underneath — something we've found very effective. The pallet and iron together with the 'garden' materials all supplied by Mitre 11.

in times of such distress.

Become self-sufficient in some area. We began with soap making — total cost, about \$10 for a year's supply. You can work out the savings even by using one cake of commercial soap per week. Leah has made many of our clothes on her sewing machine, but remember you need not purchase the latest electronic model. Good secondhand ones are readily available. The humble vegie garden is a must for those with space, even a small space correctly positioned will produce amazing quantities. Keep the kitchen scraps for the compost, and if a few fowls are kept you have the makings of your own organic garden. For those confined to high rise living, sprouts, herbs and the like are excellent ways of making a start, and will provide confidence for bolder steps.

Buy a bicycle. They cost \$100-\$200 second hand, often less. Fit thorn proof tubes and some sort of carry-all, and start saving cash. Bicycles are the most efficient form of transport, and even poor quality ones last years. Parts are cheap and you can do the repairs yourself. With no registration to worry about you'll save hundreds of dollars. With effective gearing ratios fitted, and an acquired riding cadence you will be surprised at the distances you travel with little effort. We have spent our honeymoon and holidays on the back of bikes, enjoying fresh air, the sights, sounds and smells of the countryside. Some caution: roads are made for the motor vehicle, and apart from some isolated areas, cyclists must share the road with these monsters. Get protected, which includes the head and feet. Establish eye contact with other road users and ride defensively. Light up at night.

Learn a creative skill. We found that we could not afford to go out much so we developed creatively. As my writing was appalling, I did a calligraphy course at home, and wrote letters rather than use the telephone. The results were unexpected. Not only was I complimented on the writing, but found that people obviously respond a whole lot better to a personal letter, which is easy to read and friendly to the eye of

the reader. We both recently became involved in pottery, something Leah has been wanting to do for ages, but found the cost usually too high. Again, we both produced articles for the home, learning as we went. Others may wish to pursue their skills into income producing ventures. Apart from that there are now numerous TAFE courses that can be undertaken, but beware of 'in' type hobbies that are designed to reap money for someone else at your expense.

Scavenge at Mitre 11. That's the dump. It has never ceased to amaze us just what is discarded at the local dump, on a vacant block, or at the side of the road. Many a useful article has been located here, and the timber recovered has built three fowl-houses. Many dumps are now patrolled, and places set aside for the purchase of articles located by the licensed scavenger. Even so, it's still a cheap place to shop.

Start a regular savings plan. 'But how?' I hear the cry. Like us, many no doubt find it hard to save. The answer does not lie in gaining extra cash. More money is not the answer, drawing up a budget is. We realised about 4 years ago that some 90 percent of our financial problems could be solved if we owned our own dwelling without any mortgage. This became our goal, but to get there we had to get out of debt; save for a block of land; save for a dwelling; meet our everyday commitments. To do this first find out where the money goes. List all your expenses for the week, and no cheating. Don't forget to include registration, insurance and the like, worked out on a weekly cycle. Now, from this list make a list of what you think are essentials and add it up. If, like us you now find that the list of essentials is more than the weekly income, don't panic. The crunch point is: just what are essentials? We threw out the telephone, petrol, clothes, newspapers and magazines, hair cuts, gave away the pet. This was war. We were left with rent, food and power. Not finished yet, we went further, and took up cheap rent, reviewed our food bill, and cut down on our use of electricity. We now found we could meet double payments on the debts, and still save a small regular amount. It was a long haul, but we are now free of debt and have increased the savings, which we find easy now having created the habit of living simply. During this period we gave ourselves a reward at the end of each week. It was simple and cheap, but provided us with the will to go on at times when we could have quite easily dumped the whole plan. It was at these low spots that the writers to *Grass Roots* kept us going. We weren't the only ones struggling.

Build a reference library. Books and magazines are a cheap source of information. We started with secondhand shops, markets and garage sales. Aim for quality information. The CSIRO and National Building Technology Centre are a valuable source of such material.

Seek out other GR's. I'm a bit backward in coming forward, but fortunately have a wife who makes up for this fault. You will find them at markets, sales of all types, garage sales and nurseries (plants that is). Also keep track of where the copies of *Grass Roots* go off the news stand. We are not made to be islands, and can all do with companionship and mutual support from others of a like mind.

Start gardening with pot plants. If you do go bush, you will have to grow plants of various kinds. Start now on the back porch. Plastic pots are readily found at Mitre 11's and there is usually someone nearby with a cutting to give you. Start small

and again build as you go. Herbs are useful for cooking and their presence provides the aroma of a happy home. Leah has grown macadamias and avocados by just throwing the seeds in with some other plant. It's amazing how things grow if we let them do their own thing. Most plants die through kindness rather than neglect.

Use your imagination. In the end we are each responsible for our own life, and to overcome some of the obstacles we must use our imagination. Whilst we are all in somewhat similar position, how we get out of the rut will depend on our own character and attitudes. Leah and I worked on our strengths to open those closed doors, she with personality and I with hard work and loyalty. We used these strengths to gain positions which led to jobs. Learn to enjoy your triumphs, and after analysing the mistakes, leave them in the past. Keep your goal firmly in mind. Write it down if helpful and stick it on the mirror so it will be constantly in front of your eyes.

Strive for excellence — not always easy to achieve, but as the song says, 'Do what you do do well.' A tank stand erected to 50 percent efficiency will collapse in a short time, with the loss of valuable water which could create an even greater problem. The same principle applies to fencing and a host of other jobs. The throwaway society has little place in the bush. Ask any farmer or grazier, they are continually planning ahead.

Look for land further from the coast. During these years of debt servicing, our dream was our own land, and the greatest obstacle was reading ads for land at prices that could have been millions of dollars. Even shares in MO's and communities seemed way over our heads. Anywhere within cooee of the Northern Rivers, SE Qld, Atherton Tableland, and lots of places in between, all were out of the question. Instead we went inland to the small towns isolated from the coastal fringe and sky high prices. Eventually we found an ad tucked away in a regional newspaper for tenders for 0.2 ha (½ acre) blocks. We bought one for \$500 with \$50 p.a. rates. Sure it's not Nimbin, and it's only 600 mm (24 in) rainfall, but these are problems that can be overcome. I wrote to Consumers Law Reform Association, 197 Thynne Rd, Morningside 4170 and bought a conveyancing kit for about \$50, and saved hundreds of dollars on the registration of title.

And now our goal does not seem that far off. We set our priorities and found happiness as we worked towards them, refusing to be manipulated by others who do not have our interests at heart. We have found that as goals are reached new ones need to be set and others changed. No longer are we running away from circumstances, we are working towards realities. May all of you who feel lost find yourselves and like what you find. Remember: 'It's not so much where you stand in the world, it's in which direction you are moving.'

### **POULTRY BREEDERS DIRECTORY**

A directory for all poultry lovers. Whether you just have a few birds in your backyard or you are a poultry fancier this invaluable directory will tell you who has which breeds and where. It will be available mid December, \$5.00 posted.

For those who wish to be included send name, address, phone number, breeds kept and SAE to:  
**Poultry Breeders Directory, RMB 2115, NAGAMBIE 3608.**

# Laughter and Learning

This holiday time make an effort to attend one of the informal gatherings that are held in your state. We've listed a few of the festivals, get togethers and conferences we thought would interest you, but there are sure to be others closer to home too. Check out your community centre noticeboard for more details — and broaden your horizons this Christmas.

## AUSTRALIAN YOGA FESTIVALS

Perth: December 3-4, 1988; Perry Lakes. Melbourne: February 4-5, 1989; Carlton Gardens. Adelaide: March 11-12, 1989; Rymill Park. Darwin: June 1989. Brisbane: September 1989.

A series of festivals of yoga and meditation is planned all around the country in 1988/89, to pool a new positivity and vision of world peace. Each festival is a coming together of the many different schools and groups teaching yoga and meditation in each state, and will combine public lectures and practical sessions for all who are interested in joining this union of mind and spirit.

Contact: Australian Yoga Festivals, GPO Box 3649, SYDNEY 2001.

## GROW ORGANIC 89

January 28-30, 1989. Lake Victoria, Vic.

Camp Coorong, a beautiful bushland setting on the shores of Lake Victoria in East Gippsland, will be the venue for the third summer school/seminar organised by the East Gippsland Organic Agriculture Association Inc. A range of expert speakers will present various aspects of organic practice: poultry keeping; interaction of soil, plants and animals; use of companion herbs; agroforestry and fodder trees; commercial organic production and more. The programme will also include farm visits, practical workshops, small discussion groups and pleasant evening activities. Wholesome food will be available at the site. Book for one day or the full weekend. Camp on site and share the friendly relaxed atmosphere.

Contact: East Gippsland Organic Agriculture Association, PO Box 33, WISELEIGH 3885. Ph: 051-575-210 or 051-562-416.

## FORUM 89

January 23-28. University of Wollongong, NSW.

The eighth biennial for The Australian Forum for Textile Arts (AFTA) will offer 19 workshops in all aspects of textile craft, led by experienced tutors, during the first four days, as well as two seminar days when workshops will stay open for independent work, and a range of evening activities. Seminars are free to those attending the workshops, or you can just attend the seminars, for an additional fee. Seminars mainly deal with commercial aspects of textile craft. Pre-booked accommodation available on campus and elsewhere. Other costs include materials fees, meals and extra activities.

Cost: \$155 for workshop and seminar fees (AFTA members). Non-members \$200. Seminars only, \$50.

Contact: AFTA, PO Box 77, University of Queensland, ST LUCIA 4067.

## CONFEST 89

December 29-January 2. Walwa, Vic.

Down to Earth of Victoria are holding their annual ConFest beside the Murray River about 60 km upstream from Albury/Wodonga during the New Year holiday. For people interested in alternative lifestyles and self-sufficiency, there will be a varied programme of workshops and informal activities (especially swimming), music and dancing, food and friendship. Market stalls offer crafts, food and other goods for sale. DTE supplies drinking water, wood and cooking sites, washing and toilet facilities, and power for the market. Bring your own accommodation and eating utensils, but no pets or disposable containers.

Cost: \$45 at the gate. Early Bird tickets \$30 until Dec 9.

Contact: Down to Earth, PO Box 1234, NORTH RICHMOND 3121.

## ANANDA MELA 'FESTIVAL OF BLISS'

January 10-15, 1989. Severnlea, Qld.

The theme of the 8th annual gathering held by the Ananda Palli community is 'Universal Awakening': workshops ranging from poetry to politics, drama to Great Depressions are intended to extend spiritual consciousness. Collective meditation, daily yoga and chanting, and evening cultural activities will play their part too. There will be a supervised programme of creative and recreational sessions for children of various ages, and plenty of free time for your own leisure pursuits. The community is situated at Severnlea in southern Queensland, just off the New England Highway between Stanthorpe and Tenterfield, so days should be sunny and nights clear. Bring your own camping gear and set up in the natural bush and grassed camping area. Vegetarian food provided in cost, variety of other refreshments available. No alcohol, pets or drugs allowed on site. Cost: \$130 (conc. \$100). Children: 8-17 half price, under 8 free. Contact: The Ananda Mela, PO Box 3, SEVERNLEA 4351.

## DAYLESFORD SPA FESTIVAL

February 16-19, 1989. Daylesford, Vic.

This popular annual event attracts thousands of visitors to the mineral springs area of central Victoria. This year it has been brought forward from April to February so that you'll have the advantage of warmer weather and longer daylight hours. As well as the main weekend event of the Health Fair, this year's festival features four days of field days and shows for the gardener and hobby farmer, with lots of displays and sales stalls to provide you with the latest products and information. Caravan park, camping, guest house, holiday cottage and motel accommodation is available in the area.

## THIRD INTERNATIONAL PERMACULTURE CONFERENCE

January 31-February 4. Kaiwaka, NZ.

The purpose of this conference is to make known to the widest possible audience the principles and practice of permaculture and present sustainable solutions to longterm global food problems. Guest speakers will be people involved in all stages of the food chain and will relate permaculture to the world economy, climatic change, food systems and future society. Those attending the conference will also have the opportunity in workshops to participate in the selection of strategies for necessary action in these areas. Prior to and following the public sessions there is a extensive programme of courses and discussions for designers and consultants, as well as a tour of organic farms and research centres.

Cost: \$225 for the conference and meals, accommodation extra.

Contact: Permaculture Institute of New Zealand, PO Box 37030, AUCKLAND NZ.

## SUMMER SCHOOL OF THE ARTS

January 9-22, Australian National University, ACT.

Several education groups in Canberra are combining their resources to organise a Summer School of the Arts. Classes like painting, mixed media, leatherwork, woodcarving, photography, video are weekday, others like weaving and life drawing are weekend classes. Teenagers will be offered courses in painting, drawing and printmaking. Most classes are for beginners, and class numbers are limited, allowing personal guidance. Details of venues and course fees available on application.

Contact: Summer School of the Arts, CCE, ANU, GPO Box 4, Canberra 2601. Ph: 062-493-891, 062-494-580.



# SHEEP FOR SMALL ACREAGES

## Part II

by Geoff Stannard, Bathurst, NSW.

Keeping a healthy flock of sheep involves much more than simply providing them with the basics of shelter, food and water in a well fenced paddock. A little knowledge of their life cycle and habits will be invaluable in helping you to avoid common health and management problems.

### BREEDING

The gestation period for sheep is about five months, so rams are put with the flock approximately six months ahead of the preferred lambing time. The ideal time for lambing is when pasture is growing well, so the ewes get enough feed to milk well, and the lambs get an excellent start and wean at a high weight. For a high lambing percentage, rams must be managed so they are in top condition just before joining, and ewes are on a rising plane of nutrition. If paddock feed is low, this can be achieved by hand-feeding to get the ewes putting on condition. Oats are usually the best feed for this situation.

Sheep seldom have lambing difficulties, and are best left alone to do it themselves. The birth takes about 15 minutes and the lamb is presented front feet first, with the head resting on them. The usual sign of a problem is a ewe standing or walking around with the legs of a lamb sticking out. Assist any ewe obviously in trouble by checking to make sure that the front legs are coming out first. Problems can arise if the head is turned back, or the back legs are presented first. As the ewe strains, pull the legs out and down. When the head and shoulders are out, the rest will follow easily. Only pull when the ewe pushes.

If there is no shelter for lambing ewes, bales of straw can be positioned to provide windbreaks. Depending on the length of wool at lambing, it may also be helpful to crutch the ewes beforehand so the lambs easily find the teats and get a drink soon after birth.

### Tagging

It is often helpful to keep track of which lambs belong to which ewes, especially in stud breeding. This is usually achieved by applying numbered tags to the ears of the ewes and lambs. These tags also help in the identification of sheep if they stray. The tags and applicator are obtained from any rural equipment supplier, and are quick and easy to use. Stud breeders may have to tattoo the ears of their stud stock as well. This is so the animal has an indelible (permanent) identification mark in the ear.

### PEST AND DISEASE PROBLEMS

#### External Parasites

This is an area which has seen considerable changes in attitude and management practices in recent years. The same problems — lice, ked or blowfly infestation — still exist, but approaches to the treatment of these problems have had to take account of increasing concern over the safety and environmental impact of some of the chemicals previously used. Control methods such as dipping and jetting are being progressively discarded in favour of ones with less residual effect on sheep meat and wool.

Dipping has been the traditional method used to control

external parasites on sheep. Many older properties will still have a plunge dip, which is a rectangular concrete trough set into the ground. It is filled with water and chemical, and the sheep run through, making sure each is pushed under to get a thorough wetting. The chemicals in the water kill the parasites in the wool and on the sheep's skin. Jetting is usually conducted to control blowfly strike. Sheep are sprayed with chemical which dries in the wool and kills flies that land in it and breed. Jetting is a preventative, and sheep are not always covered in the chemical, as in dipping.

Woolgrease, a bi-product of wool processing, is a brown, smelly material rich in lanolin, which is further refined and used in hand lotions and skin creams. Of course, the chemicals from jetting and dipping are absorbed into the woolgrease, and there have been serious complaints from the public when these chemicals were found in products containing lanolin, especially those products used for nappy rash on babies. In response the wool industry has been urging farmers to minimise these practices. Most external parasites are now treated with chemicals which are applied in small doses to the back of the sheep and which deter most parasites as they approach their intended victim.

Blowfly strike occurs when flies lay eggs in the wool, these hatch and the maggots burrow into the sheep's skin and live on its flesh, causing severe damage. This usually happens in spring or summer, when the wool is damp following wet weather. Flies are attracted to the wet wool around the breech and pizzle, to areas where the skin is folded or where there is fleece rot or lumpy wool.

Flystruck sheep become fidgety, standing still and biting irritably at the affected area. Later the wool becomes dark and discoloured, and starts to fall off. Treatment involves clipping away the affected area to expose the maggots, then treating it and the surrounding wool with flyspray. Always inspect the surrounding wool carefully for other struck areas, as there may be further maggots adjacent to the main strike.

#### Internal Parasites

Internal parasites mostly live in the sheep's intestine. There the adult worm lays eggs which are passed out onto the pasture via the faeces. Once on the pasture they hatch, and the larvae quickly infect other grazing sheep.

The usual way to control intestinal parasites is by drenching with anthelmintics which kill the worms involved, but if drenched sheep are put back into the same paddock after drenching, they will be reinfected immediately. They should be placed into another clean paddock in an effort to break the reproductive cycle of the parasite. Summer is a good time to drench sheep, because worms do not survive the hot, dry conditions. In general, sheep should be drenched once in spring and again in mid-summer. To prevent resistance occurring, different drenches should be used each year.

#### Footrot

Footrot is often confused with foot abscess, which usually causes acute lameness in one foot when germs enter the foot

after bruising. An abscess develops and after the pus is discharged, the wound clears up and no further treatment is required. Footrot also results in lameness, but there are no signs of infection, because the bacteria involved like to get right under the horn of the hoof and invade the hoof itself. When the affected parts of the hoof are trimmed back, areas of soft, dark material are exposed, accompanied by the characteristic offensive smell.

Treatment of footrot used to involve much foot paring and then the sheep were stood in a footbath of five percent formalin solution. Now there is a vaccine for footrot, but the main preventative is to make sure sheep with footrot do not come onto the property.

### **Twin Lamb Disease**

Also called pregnancy toxæmia, this is a nutritional disorder mainly affecting ewes late in pregnancy, especially those carrying twins or triplets. It is caused by a shortage of blood glucose, the major source of energy of the foetus, which at the last six weeks of pregnancy is growing at its fastest rate. The ewe cannot mobilise her own bodily reserves, and even if she is fat, she succumbs. Ewes with pregnancy toxæmia appear blind, stand alone looking dazed, and then go down unable to rise. They may become partially blind, and there is a sickly sweet odour on the breath. This condition can arise from sudden stress — yarding, shedding, travelling — or from prolonged under-nutrition.

Treatment is not always successful, but involves drenching with glycerine to give energy. A 40 percent solution of glucose and boiled water can be injected under the skin, and water drenched at one litre per day if the ewes will not drink. Every effort should be made to prevent this condition by not allowing ewes to become fat during pregnancy. Allow them a moderate feed intake early in pregnancy, then increase their ration in the last two months. Oats are usually fed in the last month to achieve this. If ewes are not getting enough exercise, they may have to be walked around the paddock a couple of times each day.

### **Clostridial Diseases**

These diseases include tetanus, blackleg, Black's disease, malignant oedema and pulpy kidney, and are caused by the family of bacteria known as clostridia. Typically, dead sheep are found lying on their side, with the head back and the legs stretched out — a sign of convulsions. The vaccine known as 'five-in-one' is usually used in areas where these diseases occur. Pregnant ewes are vaccinated about six weeks before lambing, and the lambs vaccinated at marking. Vaccinate under the skin at the side of the neck.

### **Minerals**

The most common trace element deficiencies are copper, cobalt and selenium. Both copper and cobalt deficiencies affect the growth of wool, and selenium affects the growth of the sheep. Enquiries in your area will quickly bring to light the presence of any mineral deficiencies, so that you can begin a short term programme of dietary supplements for your stock, and continue to build up the soil to overcome the lack of these minerals.

### **ORGANIC ALTERNATIVES**

From the organic farming perspective, natural care involves the fostering of soil micro-organisms which make minerals from the soil available to plants through their metabolism. Minerals

are also spread on the pasture, and the soil acidity corrected with the application of dolomite, and by soil ripping along the contour. This creates a healthy environment where the animal's health is strong enough to resist or naturally overcome most diseases. Animal management practices are designed to minimise or eliminate disease risk, and if there is a problem, it is treated quickly and in an ecologically sympathetic way.

Management to control worms usually involves rotational grazing, where sheep are moved regularly from one paddock to another to avoid worm build-up. Other livestock are usually grazed in this rotation too, because the worms that infect sheep are quite different to those infecting horses and cattle. So by grazing a number of different kinds of animals in rotation, parasites in all of them can be minimised without having to drench. One sheep breeder I know has used the following home-made drench. Blend two handfuls of Russian garlic, and mix with 500 ml of castor oil and enough dried powdered wormwood to form a wet paste. This is used with an older type of drench gun, giving each sheep 25 ml. The mixture keeps for a long time if refrigerated.

For flystrike liquid pyrethrum has been used, and pyrethrum powder for lice. One of the most common methods of preventing flystrike is to have the sheep crutched in the humid period of the year, and to cull any sheep with wrinkly skin. Sheep that have worms will have a lot of dags on the crutch area and will be especially susceptible to flystrike.

Homoeopaths are used quite successfully in animal care overseas, and in the UK the British Association of Homoeopathic Veterinary Surgeons has a membership of 120. Veterinarians in Australia may not yet be interested in helping you with homoeopathic remedies for your livestock, but homoeopaths may be happy to help and reference books are always useful when learning to prescribe for your own stock.

### **Suggested Reading**

Articles on basic sheep management have appeared in earlier issues of *Grass Roots*:

'Black is Beautiful', *The Early Years*, p. 68.

'Keeping Sheep on a Small Acreage', GR 62, p. 67.

'The Search for the Golden Coloured Fleece', GR 32, p. 45.

'Sheep Behaviour', GR 59, p. 39; GR 60, p. 38.

'Becoming a Good Shepherd', *The Early Years*, p. 18.

*Keeping Livestock Healthy — A Veterinary Guide*, N Bruce Haynes, Garden Way Publishing, USA 1978. A reasonably priced book written in laypersons' language that is a must for every small farm.

*Raising Your Own Sheep*, Geoff Nash, Thomas Nelson, Aust. 1978. Although out of print now search for this book in your library. Very good for beginners wanting an overview.

*The Shepherd's Guidebook*, Margaret Bradbury, Rodale Press, USA 1977. Another good book for beginners, it includes an excellent coverage of butchering. Check out your library for this too as it is probably no longer for sale.

*Herbal Handbook for Farm and Stable*, Juliette de Bairacli Levy, Faber and Faber, UK. One of the best books available with natural remedies for livestock.

*The Pocket Manual of Homoeopathy — Veterinary Medicine*, Dr Ruddock, B Jain Publishers, New Delhi (mine was from the T S Bookshop, 126-8 Russell St, Melbourne 3000. Ph: 03-633-955). An excellent little book but may need to be read in conjunction with a basic book on homoeopathy.

*Australian Goat Husbandry*, Pat Coleby, Night Owl Publishers, 1983. Many of the principles of natural health and disease control in goats also apply to sheep. Excellent section on minerals and health problems.

# OSTEOPATHY

by B. Howden, Takapuna, NZ.

The World Health Organisation has recognised the value of osteopathy. It is accepted by the EEC, in South Africa, Nigeria, Tanzania, Iran, India, South America and many other countries. In Australia, a Committee of Inquiry of the Commonwealth Government recommended the recognition of osteopaths and found that osteopathic manipulation was of value in the treatment of musculoskeletal disorders, a range of headaches, asthma, and emphysema and other disorders. But a great number of people are ill-informed and uncertain about what osteopathy is, and how it differs from other manipulative therapies, despite the fact that the foundations of osteopathy were formulated in 1874.

To define osteopathy, we need to recognise that the human body is an intricate mechanism with an inbuilt ability to resist disease and maintain health. This balance is maintained by the complex nervous system, which reaches all organs, glands and body structures, mostly from the brain via the spinal column. The circulatory system supplies necessary nutrients, oxygenated blood and hormones for normal tissue function and then removes waste products. These vessels are mostly related to the musculoskeletal system. Without the normal nerve and blood supply the tissue will be disabled.

Osteopathy is concerned with maintaining a balance within the human body and is based on the idea that if nerve impulses or blood supply are interfered with by abnormal muscular contraction or pinching and bony pressure at a joint which is slightly misaligned or inflamed, and these essential requirements are not received, then tissues will not function normally and will lose their natural resistance to disease. Its founder, Andrew Taylor Still, received a medical education from the Kansas City School of Physicians and Surgeons in the late 1850s and practised as a surgeon on the American frontier during the Civil War. By 1874 Dr Still had become aware that there must be a natural and ecological way to alleviate human pain and disability, rather than the ineffective and painful therapies of the day — bloodletting, purging and indiscriminate injecting of crude mineral drugs. He continued his study of anatomy and gradually developed the manipulative techniques that expressed the philosophy of osteopathy. He discovered, some twenty years before any parallel system, that slightly deranged joints or osteopathic lesions, particularly in the bony vertebral column, pressured and inflamed the nerve fibres, blood vessels and lymphatics that cross the narrow openings between these joints. In patient after patient, year after year, manipulation of these musculoskeletal lesions removed the interference and the patient's health was restored.

For these reasons the doctor of osteopathy looks for anatomical causes, instead of physiological effects. He looks for a disturbance or imbalance in the original design and harmony of the human frame and normalises it. The osteopath believes that structure governs function.

The work of Andrew Taylor Still led to the realisation that problems of the musculoskeletal system, the human framework that supports all other systems and organs, can influence function. Still's research findings and philosophies were rejected by medical authorities and he had no alternative but

to begin an independent medical school. In 1892, with Dr William Smith of Edinburgh University, he founded the American School of Osteopathy at Kirksville, Missouri, USA.

Some early osteopaths may have regarded structural abnormality as the sole cause of disease but no present day osteopath would take such a view. Although disease may follow a mechanical problem, almost always there are a number of causes of disease. In fact the human body is daily stressed by many so-called civilised living habits and environmental factors. Nor do osteopaths deny the importance of other fields of medicine, including surgery. Today manipulation is only one of several forms of treatment used by osteopaths.

Philosophically, osteopathic physicians view the human body as a whole. Good health depends on proper functioning of all body systems as an integrated unit. The osteopath is intensively trained at recognised colleges overseas to identify and correct human illness and body disorder by soft-tissue manipulation, a special form of massage of muscle and connective tissue to relieve spasm and promote circulation, and controlled adjustment of joints. Osteopaths employ a variety of techniques to cause the relaxation of contracted muscles which have prevented joints from moving freely.

Osteopathic treatment is useful in the management of spinal or joint disorders (barring TB, cancer, acute degenerative arthritic diseases and other organic diseases), especially low back syndrome, sciatica, neuritis, neuralgia and fibrositis. It has also been used (along with natural methods) for many functional diseases including migraine, insomnia and depression, vertigo, ulcers, enteritis, colitis, asthma, constipation, functional cardiac problems, functional disorders of the liver, gallbladder and other abdominal organs, menstrual problems, bronchial and catarrhal disorders and many painful disabilities. Once organic disease occurs, osteopathy is limited; indeed organic disease is rarely curable in the true sense of the term. However, during the stage when tissue function is impaired but before disease develops, osteopathy has been frequently known to produce some outstanding results.

Osteopathy is often confused with chiropractic. Whereas osteopathy recognises many causes of ill-health, chiropractic assumes only direct pressure on a nerve by a displaced bone in the spine. Chiropractic method avoids the preliminary soft tissue loosening up of muscles and ligaments used by the osteopath and is applied by a short sharp thrust to the spine. Chiropractic is effective in dealing with recent injuries and strains of the back.

Osteopaths do not regard manipulation as a cure-all but there is still a gulf between conventional medical doctors, who may feel the value of manipulation is limited to treating a slipped disc, and doctors of osteopathy who treat patients with success for many conditions. However a small number of orthodox doctors have completed postgraduate study at the London College of Osteopathy and increasing numbers seek osteopathic care for themselves and their patients.

It is clear that osteopathic colleges must provide education of a high standard. The degree Doctor of Osteopathy requires a premedical qualification and then four years of academic



study of the interrelationship of structure and function as factors in health and disease. Of course, structural factors in disease are stressed and students are trained in manipulative methods and in other therapeutic and surgical procedures.

Diagnosing and treating disorders with manipulation provide osteopathic physicians and their patients with an added dimension of wholistic health care and a philosophy of medicine that enriches our democratic society. This dimension, with other accepted therapies, allows osteopaths to implement truly comprehensive health care directed to the whole person.

For further information about osteopathy contact the New Zealand Register of Osteopaths, PO Box 33-768, Takapuna, NZ, the Australian Osteopathic Association, 4 Collins St, Melbourne 3000, or the Australian Academy of Osteopathy, 235 Macquarie St, Sydney 2000.

## ANIMAL POWER

Battery hen rearing will be banned in Sweden under a revolutionary animal rights programme. Cows will be able to spend more time outside and pigs will have roomier pens when the new law is passed later this year. The target for full implementation of this legislation is 1999.

The Ministry of Agriculture have been forced to make these changes as a direct result of strong public support for children's author Astrid Lindgren's animal rights campaign. The Swedish PM promised to make the changes by Astrid's 80th birthday. Other improvements include rigorous supervision of slaughtering, and the banning of hormone use and genetic engineering without good reason. Swedish farmers protest that the changes will mean increased cost to themselves and to consumers of farm produce.

# GRANNY KNEW A THING OR TWO!

by Betty Brown, Pallarenda, Qld.

If you're disenchanted with modern drugs, antibiotics and aerosol sprays and concerned about the all too frequent use of insecticides, there's a simple solution — a return to Grandma's traditional remedies. Granny's medicine chest contained only the basics — a few simple items like iodine, Friar's balsam and headache powders — but even with a minimum of comforts and a maximum of chores and children she coped admirably. She knew how to make full use of ordinary foods and herbs, not only as cures for ailments, but in everyday house cleaning.

Gran knew how the pain of a black eye could be eased by applying cucumber slices, and that generous helpings of beetroot would stimulate a poor appetite, while lettuce aided insomnia sufferers and celery those with jumpy nerves. Gran fed carrots to asthma sufferers and grated apple to cure mild diarrhoea, and frequent drinks of barley water settled cases of stress or tension.

The backyard lemon tree was then, and still is, a great standby in lots of ways. Lemons are invaluable both for internal and external use. Mixed with honey the juice will ease a red raw throat; mixed with milk it livens the dulllest complexion when applied directly to the skin. Rust stains disappear like magic when a mix of lemon juice and salt is applied and the garment spread in the sun; and after the fruit is juiced to make refreshing drinks, the used halves will soften and whiten workworn elbows. The potato's another handy item. And from whom did you learn that a pulped potato is an effective healer of burns, and a too-salty stew is vastly improved by adding a few peeled, chopped potatoes which absorb the salt and can then be removed?

Gran certainly knew what she was about. Another of her fields of expertise was the flower garden. Cooled water from boiled eggs helped their growth and crushed eggshells round the base of her precious gerberas and other plants made them blossom profusely. If buds began dropping unopened from her favourite shrub, Gran soon had it covered in blossoms again by giving the shrub a single application of one of her prize remedies — a tablespoon of borax dissolved in about 10 litres (2 gals) of water.

In those days before chemical sprays were commonly used, Gran turned to her herb garden to rid the house of insect

pests. Most of us today grow chives and it's a great insect repellent; so is garlic. Both were familiar plants in her garden. Bunches of lavender hung in a corner to drive flies and mosquitoes out and little lavender bags in linen not only left it sweet smelling, but kept moths at bay too. The ever useful dry borax sprinkled around a room soon freed it of ants and cockroaches, then as now.

Eucalyptus oil is a remedy that's typically Australian and an extremely versatile one too. Our forebears soon discovered its many uses. Dabbed on the pillow or mixed with hot water and inhaled, it greatly relieves head and nasal congestion, and as a remover of stains it's unequalled. Other 'old-fashioned' treatments are just as effective. Vinegar mixed with ordinary household salt is sudden death to ringworms and the old time washday blue bag is a sure cure for bee and wasp stings. I've witnessed many times the effectiveness of a sugar and grated soap poultice. Applied overnight it will draw to the surface the largest thorn or longest splinter, and it's also great for treating boils. A camphor square crushed in methylated spirits is an old time cure for bruises; for corns, a nightly rub with kerosene will gradually make them disappear.

Even without our modern cleaning aids Gran was a whiz at housecleaning. Leftover cold tea cleaned varnished floors and woodwork and once more borax from the kitchen cupboard made the enamel bath and concrete path look like new. Just a soak in mild salty water, and old straw hats could be reshaped and dried to take on a new lease of life. The same solution kept wicker furniture from turning yellow. And for sparkling silver, she popped a piece of chalk in the cabinet — it stopped tarnishing and absorbed moisture.

Not only were Granny's remedies low on pollution, they were low on cost too. Rather than the superstitions they were once branded, it seems they make a whole lot of sense!

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# Colour Your Christmas

by June Everett, Bayswater, Vic.

Still looking for ways of adding colour and sparkle to your surroundings this Christmas? Over the years I've collected a few ideas for making quick and easy decorations from whatever I happen to have on hand. Generally the inspiration comes from the material itself — recycled paper or cardboard, bright fabric scraps, a seashell collection or interesting shaped natural objects like seed heads, dried flowers, nuts or pine cones. With each new 'find' I look at it and think, 'Now, what can I make from that?' Once the idea is there, it only takes a little fiddling, glueing or stitching to produce some beautiful decorations for the table, tree or front door, or new ways of wrapping those last minute gifts.

## TREE ORNAMENTS

If you like sewing, it's easy to cut out simple shapes from leftover fabric, the brighter the better, and stitch together with a little padding between the two sides. Felt is good for this too — you don't have to worry about finishing seams and neatening cut edges. Decorate by embroidering with a pretty flower or geometric design, or sew on beads, buttons, sequins, lace — whatever takes your fancy. Sew a ribbon tie to the top for hanging on the tree.

Another attractive tree decoration can be made by using pingpong balls or small foam ones. These can quite readily be covered with bright coloured strips of ribbon and lace, attached with either glue or pins depending on the type of ball you use. Finish with a ribbon bow and loop. Hung singly or in groups, these look lovely against dark foliage.

Seashells are an unusual way of dressing up your tree. Small ones can be strung on long threads so that they add sound as well as colour when draped around the branches, while larger ones polished and threaded with wool or ribbon give an elegant touch. You may even be able to insert a few sprigs of fresh or dried herbs or some aromatic spices into the shells for extra effect. Spices such as cloves, allspice and cinnamon sticks can also be threaded onto fine wire in the shape of bells, stars or other festive objects.

Other simple tree decorations can be made by cutting stiff paper into snowflake shapes and adding glitter, or by spray painting pine cones gold or silver.

## TABLE DECORATIONS

Plain fabric place mats and napkins can easily be dressed up for Christmas. Just add a little appliqued motif to each — santa, tree, bell or holly perhaps — in a bright contrasted colour. Or cut out a stencil and use fabric paints to apply your chosen design. Keep it simple for greater effect.

Shells are a good standby here too. Large ones make great dishes for sweets and nuts, polished spiral types can be made into delightful candle holders provided they are set on a firm base e.g. use glue to attach to a piece of polished wood, stone or another, flatter shell. Decorate the base with holly or other attractive greenery. A striking centrepiece for the dining table can be created by glueing small shells onto a twisted branch to form a little tree and adding some tiny sparkling decorations to complete the Christmas effect.

## WREATHS

These are a very traditional way of decorating your home for the festive season, but there are lots of ways of producing original effects by using local materials. Depending on the type of wreath you're making, the base can be a circle of strong cardboard or threeply, a twisted ring of vines, or a wire loop (coathangers are good for this) which may be padded with foam or straw. Materials for completing the wreath could include all sorts of greenery (choose different shades, and types that will last), berries and other fruits, fresh or dried flowers, herbs, pine cones and nuts — even feathers. Attach with wire or glue and finish with ribbon or lace bows. I've even seen a wreath made from recycled plastic bread bags cut into strips and tied onto a wire base — very colourful, but I prefer the more natural look. What better way to welcome visitors to your home than to hang a homemade wreath of leaves and fruits on the front door?

## GIFT WRAPS

Now for the last-minute flurry of Christmas gift wrapping. You don't want to spend your limited money on expensive paper that will just be thrown away, and there must be something around the house that you can use instead. There is! Start with the carefully smoothed sheets of clean butchers paper you've saved for the kids to draw on. Iron it if necessary, then use your imagination and the aforesaid kids' paints and texta pens to create your own artwork. Of course the kids can help too, but don't let them have all the fun! An old toothbrush is great for spraying paint of different colours all over the paper and you'll be surprised at how attractive it looks. Stencils (the ones you made for the table decorations) can also be used to create colourful patterns.

For avid sewers the choice is easy. Use up some more of your scraps of fabric to create personalised gift wraps. For larger presents you may need to sew a few pieces together, so choose some bright contrasts for extra effect. You can even make a simple drawstring bag that will be useful in itself as well as containing another gift. Embroider initials on the bag to make it more special.

A large or awkwardly shaped object may be best packaged in a cardboard box, so you just decorate the box. Paint it, stencil it, cover it with different coloured paper or magazine cutouts, write messages on it with coloured pens — by the time you've finished they'll want to keep the box too!

Finishing touches for your gift wrapping can be as varied as the gifts you choose. Tie the parcel with a piece of hair ribbon or braid, loop an attractive belt around it, make a plait from multi-coloured wool and attach pompoms to the ends, slip sprigs of dried herbs or flowers through slits in the paper — use anything that the recipient will enjoy or find useful.

Christmas need not be a great drain on your precious time, energy and finances. I find that with these shortcuts the whole family can enjoy the preparation as well as the festivities in a much more relaxed fashion. After all, it's supposed to be a time of peace as well as goodwill, isn't it?

# SIMPLE SANDALS

by Pam Marshall, Kingswood, SA.

There are many designs and techniques for making sandals, but the simplest way to construct them is to wrap a length of strap around the foot slotting it in and out of the sole. There are many ways to wrap the strap in order to create different designs. Instructions for making one simple and popular style are shown below. There is no reason why you cannot utilise your own creative resources to invent new designs by experimenting with a tape measure, pieces of tape, fabric or paper.

## MATERIALS AND EQUIPMENT

Leather can be purchased from craft or leathercraft shops. However, it can be very expensive indeed particularly thick sole leather. If making just one or two pairs of sandals, buying leather scrap pieces will lessen the cost substantially. If you plan to make quite a few pairs of sandals for friends etc., it would probably pay to purchase a large piece of leather because the more leather you buy the cheaper it becomes per centimetre. Tannery warehouses will also have cheap leather off-cuts — check the telephone book yellow pages for names and addresses. You could also substitute a layer of rubber as the undersole — this may prove a little cheaper than using sole leather. In fact you may find that rubber will provide the wear and thickness you desire for a heavy duty type sandal. You could also use pieces of old car tyres as rubber soles for sandals — although they may not be as comfortable or as flexible as shoe rubber and would be more difficult to work — they would certainly be harder wearing than softer sole materials. You can also improvise and experiment by using other types of materials for the uppers, such as heavy tape or cloth, canvas, plastic, rubber, vinyl, etc. But be aware that some people may have sensitivities to certain products. And you may also find that substitute materials may not be as hard wearing as leather.

The quantities of materials given here are for an average size adult foot. Adjustments should be made for smaller or larger feet. You will need:

50 x 30 cm (16 x 12 in) piece of 12 iron soling leather. (Soling leather is very thick vegetable-tanned russet hide. The thickness of the leather is measured in irons. For these sandals 12 iron leather 6 mm  $\frac{1}{4}$  in thick is best.)

a strip of vegetable-tanned russet cow-hide about 3 mm ( $\frac{1}{8}$  in) in thickness, 2 cm ( $\frac{3}{4}$  in) in width and 2.4 m (8 ft) in length. If lighter sandals are preferred thinner strips of leather may be used, such as 1.3 cm ( $\frac{1}{2}$  in) in width, 2 m (7 ft) in length and 3 mm ( $\frac{1}{8}$  in) in thickness.

petroleum jelly

glue or adhesive — neoprene contact bond such *Bostik*, *Ados* or *Evo-stik*

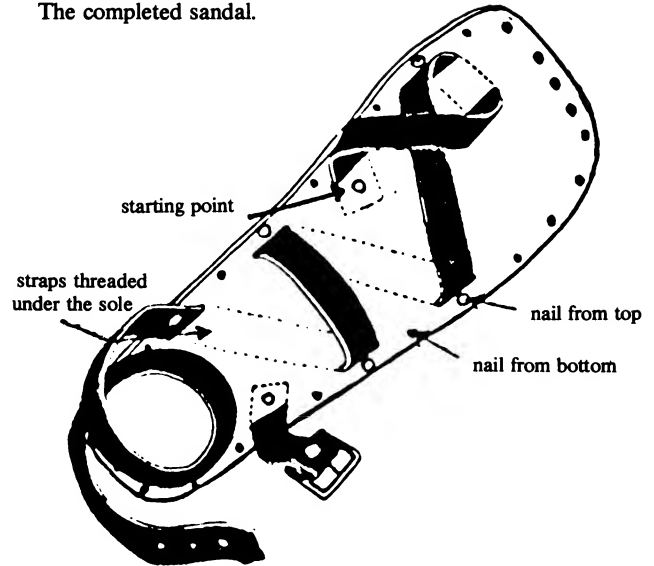
shoe-maker's hand tacks — 60 tacks 1.3 cm ( $\frac{1}{2}$  in) length

2 buckles with an inside width equal to strap width

2 rivets for attaching the buckle to the side strap. There are two types of rivets — tubular or bifurcated, either type is quite suitable.



The completed sandal.



sharp knife (a Stanley knife is best)

a piece of stiff paper or card

a revolving hole punch

scissors

hammer

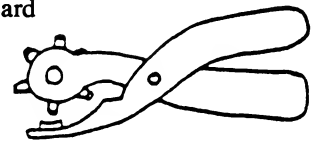
neat's-foot oil

(for nourishing the leather)

a steel ruler, tape measure and a pen or pencil for marking

a sheet of fine grade sand-paper

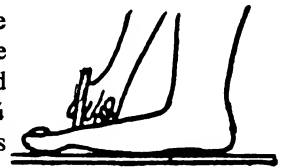
shoe polish or wax — neutral colour



## METHOD

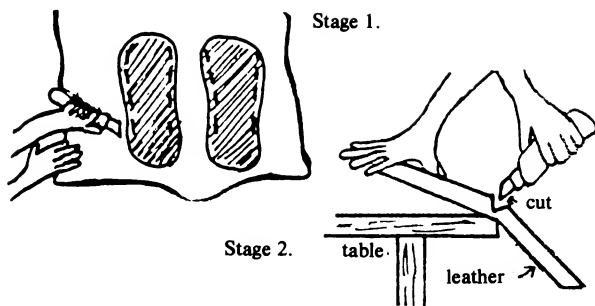
In order to determine how long to cut the leather strap, wrap a tape measure around your foot in the required position and note the length required allowing extra for attaching one end to the sandal and passing the other through the buckle. Then cut two leather straps to that length, plus two buckle straps 7.5 cm (3 in) in length. Then apply some neat's-foot oil to all the leather pieces. This will make them supple and flexible for working with.

To determine the size of the soles, place your foot onto a piece of paper or card and draw around it. Cut out the pattern 5 mm ( $\frac{1}{4}$  in) outside the foot outline. This will be the shape for the sandal, so feel free to adapt or change that shape to your preferences before cutting it out. For example, you may like to smooth out any bumps, round off the heel or square the toe section. To determine the position of the strap slots on the sole pattern, wrap the leather strap around your foot in the desired sandal style, place your foot onto the sole pattern and mark where the straps will go through the sole. Then cut slots slightly larger than the width of the leather straps, i.e. 2.5 cm (1 in) in the marked positions 6 mm ( $\frac{1}{4}$  in) from the edge of the sole. Place the sole pattern on the leather to be used for the sole and mark two left and two right foot patterns (turn the



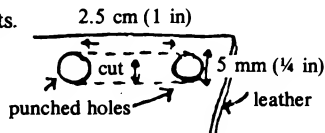


### Cutting the leather.



pattern over to reverse the foot from left to right or vice versa, but if you have one foot larger than the other it will be necessary to draft a sole pattern for each foot). On one right and left foot pattern mark the location of the slots through which the leather straps will pass. Cut four sole pieces from the sole leather. The thickness of the leather may make it necessary to cut it in two stages, the first to make the initial cut, then the cut section of leather is bent over a table or bench edge to separate the cut edges and hence allow you to cut right through the leather. On one each of the left and right sole pieces cut slots 5 mm ( $\frac{1}{4}$  in) in width and 2.5 cm (1 in) in length in the position as marked on the sole pattern for the straps. These sole pieces now become the 'upper sole', the other two unmarked sole pieces will be the 'lower or under' sole. Use the hole punch to make each end of the slots, then cut between the punched holes.

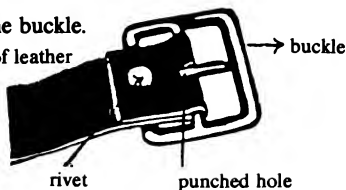
### Making the slots.



Attach the buckles to the buckle straps with a rivet and punch a hole for the buckle tongue. Place the other end of the buckle piece through the appropriate opening on the upper sole and glue into place. Slide one end of the long leather strap into the starting slot and glue to the underside of the upper sole. Thread this strap under and over the upper sole as the sandal style requires.

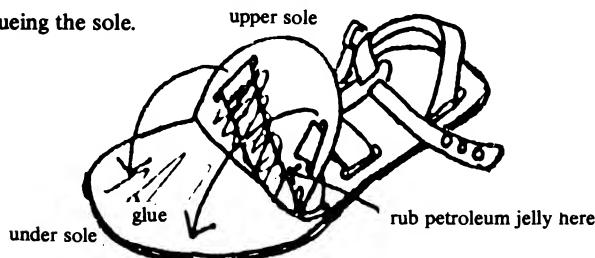
### Attaching the buckle.

wrong side of leather

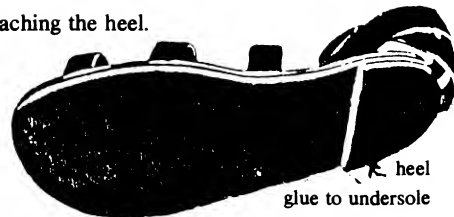


Rub petroleum jelly onto the underside sections of the straps (this will allow the straps to slide smoothly for adjustment). Then glue the under sole to the underside of the upper sole. Press the soles firmly together.

### Gluing the sole.



### Attaching the heel.



To make the heel, cut a heel from the soling leather by using the first 6.5 cm ( $2\frac{1}{2}$  in) section of your sole pattern. Glue the heels to the underside of each sandal. Apply tacks at 1.3 cm ( $\frac{1}{2}$  in) intervals as shown in the illustration. This will secure the soles and heels, the starting position for the long strap and the buckle section. Do not secure the other strap sections, as their free movement is necessary for sandal adjustment. The points of the nails should be flattened as necessary. Trim off excess leather pieces from the straps and soles. Then sand the edges of the sandal with the sandpaper. Apply a coat of polish or wax to the leather. Put the sandal on the foot and mark on the straps the hole positions for the buckle tongue. Punch holes using the revolving hole puncher. Give the sandals a coating of polish every so often to prevent them from drying out.

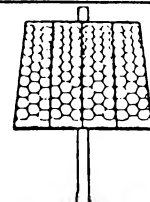
Reprinted with permission from *New Age Times* May/June 1987, a newspaper about New Age philosophy, self-sufficiency and self-awareness (no longer in publication).

### LEATHER CARE

To replenish the oils of leather lost because of moisture, sun or wear, apply silicone oil. Simply work it into the surface of the leather with a cloth, then wipe it off. Apply a conditioner if necessary to keep leather soft or protect the surface from cracking.

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# Every Child Should Be Drownproofed!

by Harcourt Roy

'Mummy, I can swim!' The eager-faced schoolchild runs into the house waving a cardboard certificate. Last week she was a sinker, but today she has managed to flounder one length of the school bath and can now claim entry to the ranks of swimmers. Her parents may assume their daughter to be safe in and around deep water, but so-called swimmers drown by their dozens around our coast and in our rivers and lakes every year. How can this apparent anomaly be explained? Easy, they just were not drownproofed. This is a term given to a simple method of personal survival developed in America, by which a beginner, even a non-swimmer, can remain afloat on the surface comfortably and pretty well indefinitely.

Many thousands of children and adults have been drownproofed in the United States, where such procedure is given priority over conventional swimming instruction. Floating on the back is impractical — vision is restricted to the sky so you cannot see where you are heading or what may be coming, and wave-slap sends water running downhill through nostrils and mouth. It is also quite different for many people who seem unable to master the balancing knack of the horizontal float. It must be understood that the human body is virtually unsinkable if handled correctly, after all we do have built-in buoyancy tanks — the lungs. With only a normal breath the lungs will contain enough air to float the body steadily to the surface without any movement at all from us — even if we have jumped into deep water and sunk initially like a stone. This re-emergence takes a surprisingly short time — if you believe it will happen and remain calm, relaxed and motionless. This is a useful exercise, remembering that initial, normal, inward breath before hitting the surface on the way in. Upon reaching the surface (on the way up), deliberately face downwards, similar to a mushroom or a jellyfish. The most difficult part of the trick is to have enough faith in the success of the procedure to remain face downwards and motionless. Physically, this is easy to do, but psychologically it may at first take considerable self-discipline. So when first experimenting, it is best (if you are a sinker), to try it out in waist-deep water. Then all you do is simply remove your feet from the bottom, let them hang limply downwards while you submerge your face in the water, placing your arms loosely folded in front of the head, aiming to keep all but the back of the head below the surface — literally wallowing like a seal. If you still have that normal inward breath comfortably held, you will be bobbing gently in the first drownproofing position.

However, you have to breathe and this is how you do it. Always commence your breathing action before you feel the need to do so, to avoid build-up of tension and panic. Do it like this: keeping the lips tightly compressed, begin to exhale through the nostrils quite forcibly, as you do so begin lifting the head and make a gentle downward stroking movement with both arms and palms — only a slight stroke. By the time the exhalation is completed, your face should have broken the surface unhurriedly with your mouth just an inch above it — no more. Inhale smoothly through the mouth and drop the head back into the water again. If you lift the face and the head

too high, you may subsequently submerge a little deeper — nothing to be alarmed about, you'll come up again. This is because the additional weight of the lifted head pushes you under. It emphasises the need to keep the head low and as much of the body under the surface as possible at all times. Remember that you are using the water, not fighting it.

If this little extra submergence disturbs you, make a secondary slight downward stroke with the arms before replacing them loosely in front of the head in the resting position. You train to attain this resting position comfortably for 10 seconds before starting the whole cycle over again. Now you have done it all, there is just the rhythm and the timing to perfect, and you are drownproofed! This easy action can be performed indefinitely and becomes progressively easier and less troublesome or tiring the longer you keep it up. This is because muscular activity requires a lot of oxygen, and also why treading water or swimming around becomes tiring and is impractical for drownproofing. The lazy quiescent body in the drownproofed position requires progressively less and less oxygen, particularly if you can conquer all fear and alarm and so remove all inner residual tension, which is an oxygen-burner. The limbs do not tire either because you are hardly using them, certainly not the legs which just hang limply. It really is most restful. The eyes should be open at all times, so that you retain control and can judge your depth, the surface and so on.

Splashing across one width of a swimming pool with held breath is not proof that a person is drownproofed. A child who can just manage this is a potentially greater liability and self-hazard in a deep-water emergency situation, but a drownproofed child, even if still not a swimmer, is perfectly safe happily bobbing about with a minimum of fuss until picked up. This may upset the swimming purists and the enthusiasts who see only potential champions in the pool, but it is turning a vast number of sinkers and timid toe-dabblers into confident water users.

Reprinted from *The Australian Christian* Feb. 1966, PO Box 101, Essendon North 3041.

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# SO YOU HAVE TO CLIMB A TOWER

by Christine Taylor, Black Forest, SA.

Yesterday we had to get our generator down from the top of our (40 ft) windlight tower. To get the generator down we were going to need to rig a jury mast (a pole that extends above what you want to lift) with a pulley at its top and the appropriate lengths of rope. It took just over 45 minutes from go to whoa, but only because Geoff had organised it so well.

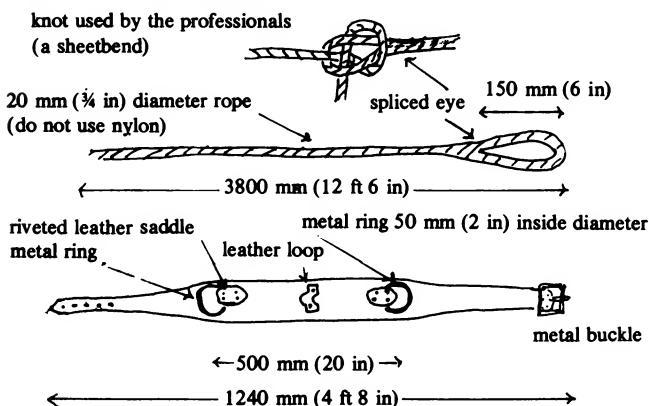
When you are 12 m (40 ft) up a tower is no time to realise that you have left something on the ground and can only get it by climbing down! So one of the essential items when you have to climb a tower is to take up a hauling line onto which the Bottom Charlie (me, in this case) can tie anything that is needed. Unless tools can be carried up in a proper belt pouch they should be left on the ground and hauled up as required. Tools in pockets have a nasty habit of falling out as you climb!

It is an excellent idea to use a proper body rope if you have one available or can borrow one. It makes you much more secure and allows you to use two hands to do the work when you get to the top. A body rope is actually a heavy leather belt with loops through which a heavy rope is threaded (see figure 1). You buckle the belt firmly around your middle, allowing the ends of the rope to hang free or be thrown over your shoulders, while you climb the tower. When you get to the top you tie the rope around the tower with enough slack to allow you to move freely and you are ready for work.

You can use the loops on the belt to tie the hauling line and some short lengths of lashing rope so that you don't have to hold them in your hands as you climb, either. It is probably a good idea to practise tying and using a body rope while you are still on the ground, to gain confidence in it before you use it up a tower. You can actually use it tied with a large enough loop to allow you to lie horizontally and still be safe — but I don't suggest you try it that way straight away. As a last resort a primitive body belt can be made from a length of suitable rope threaded through the belt loops of the trousers and with a loop knotted in one end.

Our jury mast was a length of 5 cm (2 in) thin wall tube about 2.5 m (8 ft) long. Geoff cut a slot in one end that fitted over one of the horizontals of the tower to fix it at the bottom. By lashing it to the tower in a couple of places it was quite stable enough for the job. At the top end he rigged a large pulley block through which we had a rope long enough to go at

Fig. 1. Details of the body rope.

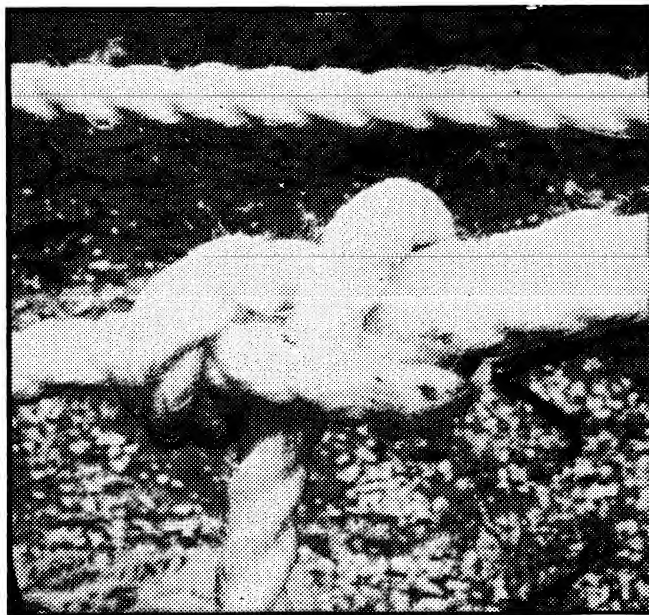


least twice the height of the tower. You don't want the generator stuck either up or down because there is a join in the rope that won't go through the pulley! A long rope like this can easily get tangled unless you keep it in a bag. Each time you finish with the rope you feed one end into the bag and continue feeding rope until only a short length is left. Use this length to tie off the neck of the bag and to make a loop so the bag can be hung from a nail where it is away from mice and easily found when it is required next time.

To prevent the hook of a pulley from slipping off whatever it is hooked through there is often a spring catch across the mouth of the hook and even if there is no catch you will find there is a hole in the outer end of the hook. This hole is provided so that you can make a 'mouse' of thin wire across the mouth of the hook to serve the same purpose. There is a proper way to make a mouse, but as long as you thread one end of the thin wire through the hole and wind it a couple of turns across the mouth and end it off securely it will do the job.

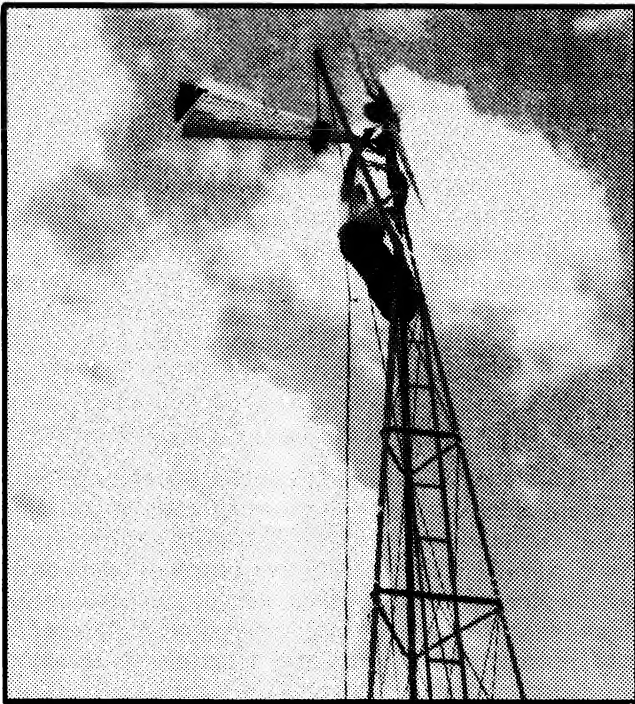
To make it easier to take the load as it comes down and a great deal easier to pull it up, you can hang an extra pulley wheel on the bottom rung of the tower so that the pull is horizontal rather than vertical (see figure 2). This also means that the rope can be looped around a suitable anchor. With such an anchor the strain is reduced considerably — try it next time you have to lift a load, or take the weight of something heavy, you may be surprised!

You do not need to know a lot of fancy knots to be Bottom Charlie. A couple of half hitches (simple loops) around the handle of a spanner or hammer, up near the large end will hold well (figure 2). Awkward shaped articles may need a bit more rope but if you arrange it so that any protuberances help to hold the rope in place gravity will work for you. There is no need to use the very end of the rope — I tie things at a convenient



A securely tied sheetbend, the knot used by professionals when working with a body rope.





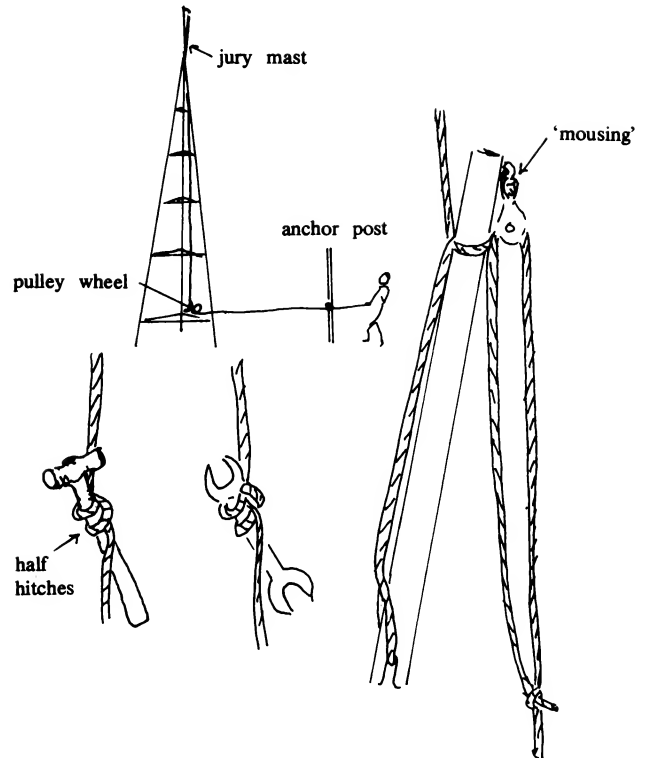
The generator hanging from the jury mast on its way up.

height for me. Several items can be tied one below the other if necessary, it makes no difference as long as the total load is not too heavy. I usually hold the bottom end of the rope as things are being lifted to guide them a bit so they don't bump against the structure — just don't pull too hard and increase the weight.

When working on a wind generator or a windmill there is the extra hazard of the blades. Even turned out of the wind they will still be turned by the wind and they must be tied to prevent them turning at all before you start work. As you climb, keep an eye on the position of the blade(s) and watch them also while you tie your body rope. As soon as you are tied in place use a light rope to lash the blades so they cannot turn any more, and you can work in relative safety.

From this it is clear that Geoff used a body rope and took two other ropes with him. He took a light rope to tie down the propellor and another one at least as long as the tower is tall to use as a hauling line. He need not have taken anything else. I could have tied on the other lashing rope to hold the jury mast in place, or it could have been tied to the jury mast, which he hauled up on the line. To make the jury mast easier to lift we made a loop in one end of the hauling line which we placed in the slot at the bottom of the jury mast, and a half hitch about a quarter of the way down from the upper end to make that end lift first. We also ran the long rope through the pulley and tied the free end of that onto itself as a long loop before we pulled the mast up. Once Geoff had tied himself in place and lashed the blade he hauled up the mast. He placed the slot over the tower member and tied the mast to the tower. He left the pulley rope in place till he had undone the wingnuts and removed the sheetmetal weather cover. As there was nowhere to put this cover he pulled up the hauling line and sent it down to me. You should always leave one end of the hauling line attached to your belt or to the tower. It is only too easy to forget and find that you have dropped the whole line by

Fig. 2. Safe use of pulleys



mistake. Then Geoff tied the pulley rope around the body of the generator so that from the ground I could take the weight off the bolts holding the generator. This made it much easier to remove them with the spanner I sent up on the line. Once the bolts were out it was only a matter of lowering the generator gently to the ground. I sent up the cover and he lowered the jury mast to me. Then all he had to do was to release himself and the propellor and climb down. This weekend he will reverse the process and hopefully the batteries will be charged again whenever the wind blows!

### WASH YOUR FRUIT

Diphenyl thiabendazole is used as a dip for fruit in Australia as well as overseas. Under the brand names 'Tecto' and 'Mertect', it is used on bulbs, corms, pears, apples, bananas and citrus fruits to prevent moulds developing after harvesting. The drug has a low toxicity level and is easily washed off the fruit — citrus fruit does not need washing as the chemical is not absorbed through the peel. Other fruit should be thoroughly washed before eating to ensure that there are no traces of the chemical left on the skin.

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# T-shirt Variations

by Sharyn Caspar, Owen, SA.

Having drawn up the pattern and made a sample or two of the basic T-shirt from the directions given in GR 69, you should now be ready for some variations on the standard garment. It is quite simple to adapt your basic pattern to produce more individual styles for the fashion conscious or hard to fit.

## DROPPED SHOULDER T-SHIRT

This pattern makes a bulky style windcheater, T-shirt or dress, depending on the fabric used and the length of the garment.

### Method

Using basic T-shirt pattern (GR 69) trace around front bodice block (dotted line, figure 1).

At end of shoulder measure up 1.5 cm ( $\frac{3}{8}$  in) and mark A. Rule a line from B through A.

Measure outside sleeve length (on sleeve block) and mark from A to E.

Rule wrist line EF (at right angles) to desired fullness — usually 14 cm ( $5\frac{1}{2}$  in).

Mark C 4-6 cm ( $1\frac{1}{2}$ -2 $\frac{1}{4}$  in) down side from armhole.

Mark D 1.5 cm ( $\frac{3}{8}$  in) out from C.

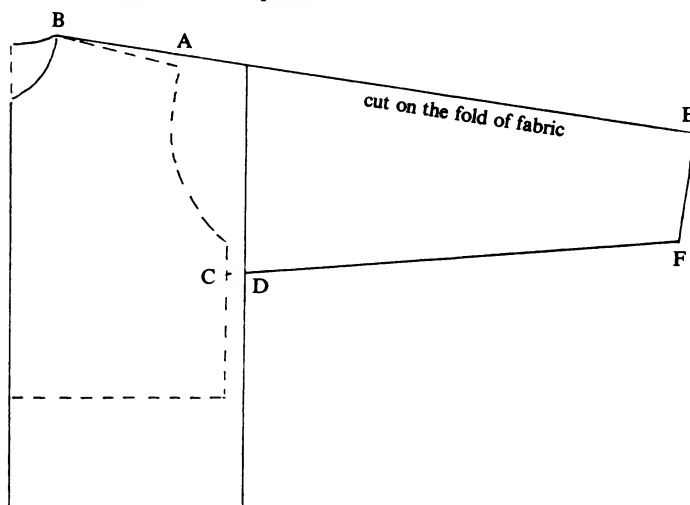
Rule in sleeve underarm line from D to F.

Extend bodice to desired length and square off new hem and side through D to shoulder line.

Mark in back neck from back bodice block.

If extending to dress length shape out from underarm to allow for hip width. Separate sleeve from bodice pattern. Add seams to all edges and treat neck edge as for basic T-shirt. Make up as previously described for basic pattern.

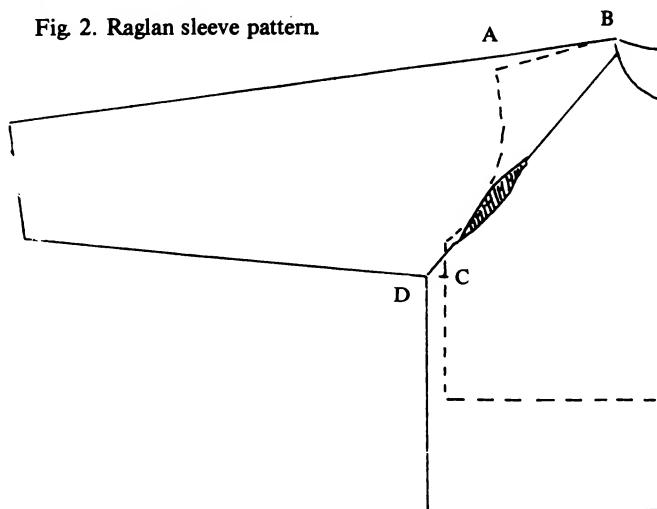
Fig. 1. Dropped shoulder pattern.



## RAGLAN SLEEVED T-SHIRT

A loose fitting garment, this pattern can be used for dresses (shape out from underarm to allow for hip width), T-shirts and windcheaters.

Fig. 2. Raglan sleeve pattern.



### Method

Trace around front bodice block (basic T-shirt, GR 69) and draw pattern as for dropped shoulder line.

Rule raglan line from D to a point 3 cm ( $1\frac{1}{4}$  in) down in neckline (figure 2).

Make raglan shape by removing 1-2 cm ( $\frac{3}{8}$ - $\frac{1}{2}$  in) from the bottom half of raglan line (shaded area).

Trace off and cut out 2 sleeve pattern pieces. Join front and back sleeves at shoulder line. Blend neck edge of sleeve for a smooth curve.

Mark in back neck from back bodice block.

Add seam to all edges, treating neck edge as for basic T-shirt. Make up according to directions for basic T-shirt.

## LAUNDRY HINTS

- Add a little witch hazel to the water in your steam iron to give a sweet smell to your clothes.
- Sheets will dry faster if they are hung over two parallel clotheslines instead of one line.
- Chocolate and cocoa can be removed from fabrics by covering the stain with borax then washing the garment in cold water. For really stubborn marks try dabbing glycerine on the stain.
- Coffee or tea stains should be treated immediately with a borax or peroxide solution then washed in cold water.
- Free starch is easily obtained by just saving the water you drain off your next boiled rice. This needs to be kept in a bottle in the fridge, and only keeps a week or so. Another way to make your best tablecloth look gorgeous would cost a cent or two. Make your starch with a dessertspoonful of cornflour mixed with a little cold water. Pour on enough boiling water until it is clear, then use.

Reprinted from *Hogs Tales*, Summer 82, journal of the Hunter Organic Growers Society, PO Box 403, Cessnock 2325.



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# CONSERVING THE SPIRIT OF CHRISTMAS

by Marion Boetje, Brooweena, Qld.



Jam-making has always had a certain fascination for me. There is something very pleasing about a shelf of beautiful fruit conserves and jars of shredded peel suspended in golden marmalade jelly. It arouses in me a sense of housewifely satisfaction which no polished floor or tidy house can ever do. Mind you, I'm not much of a jam eater myself and with a small family, we'd have little hope of devouring all the jam I'd like to make. Therefore I have to limit my efforts to small batches, but even then the supply often threatens to exceed the demand.

## GIFTS WITH THAT SPECIAL SOMETHING

Fortunately, a dash of the right pick-me-up can turn a humble conserve into a gift suitable for the most discerning recipient. Who would guess that your Black Grape and Port Jelly was once Grandma's humble grape jelly or that your Vintage Whisky Marmalade began life as Great Aunt Norah's staple conserve — jam made with bush lemons from the back paddock? All it takes is a little courage and imagination and your gift problems for special friends and difficult relatives can be solved. I bet even that man who appears to have everything does not yet have a personally-labelled pot of homemade Drambuie Breakfast Marmalade — and would die for one!

Now, not all my jams have the interesting addition of spirits. We do have to go to work and can't afford to be drunk at the breakfast table — well, not on weekdays anyway! Most of the jams I've made have been the result of over-production in the garden (I well remember a vintage year for cape gooseberries) or the generous donations of friends who know I'll preserve, conserve, jamset, bottle or freeze anything. The Year of the Rosella saw us with rosella jam, rosella jelly, rosella chutney and rosella cordial. The Great Tomato Inundation saw us with tomato sauce, tomato juice, tomato relish and twenty six jars of tomato jam for the school fete. When the June frosts put an end to the tomatoes, we could feel only relief!

Another time, a friend gave us two buckets of Seville oranges. Have you ever tried to actually eat a Seville orange? Now, there's something to give the saliva glands a nasty wrench. But Seville orange marmalade is something else again. I used about half the pips for pectin-making for the jam, but that still left about 3000 pips, so just for fun I planted them in our hydroponic garden. Every blessed one of those 3000 pips came up in a great solid patch of little Seville orange trees. Enough to gladden the heart of the most devout marmalade-maker.

Perversely, with so much citrus around I still hankered after a cumquat tree (to make Cumquat-Cointreau Marmalade, what else?). So I bought a little variegated tree and planted it in a big pot. It flowered and fruited with the most beautiful green and cream striped fruit. It was an exquisite little tree, yielding enough fruit twice a year for a thimbleful of cumquat marmalade and about six glace cumquats, until in one particularly bad drought year the cows thought their need was greater than mine and broke down the fence and ate the whole

tree. I hope it curdled their milk.

Drought, however had its advantages because it was then that the prickly pears flourished — and as anyone's grandma will tell you, that means prickly pear jelly. So armoured in leather gardening gloves and armed with kitchen tongs I raided a large bush for pears and made the jelly. It was a lovely colour, wine-red and clear, but what a disappointment when we tasted it! Sweet nothing. Obviously a candidate for a spirited addition. I fancied Kirsch or perhaps Grand Marnier but somehow Prickly Pear Grand Marnier Jelly had an elevated ring to it which didn't fit the image of the fruit. (Jams should sound right, as well as look and taste good.)

Grand Marnier does go well with pineapple jam, which brings me to why I started writing this article. I saw these pineapples yesterday — enormous ones and only 25c each. Now that's cheap even in this pineapple-producing area. I saw them at lunch time and thought 'No I won't make any jam this year. We don't need jam. I'm too busy. I gave everyone jam last Christmas'. Then I went back after school and bought 12. I do have a wonderful recipe for Pineapple and Carrot Jam and it's so versatile. It doesn't take long to make. I can see the bottles in a row on the shelf already. They would make lovely gifts. I can bottle some of the pineapple. I can make juice with the boiled down skins. I am weak. So here is my fail-safe recipe for Pineapple and Carrot Jam with four variations. It really is special, despite its humble name. In the meantime, I do wish that farmer whose place I drive past every day would take down that sign saying 'Rosellas. \$2 bucket picked. Enquire within.'

## Pineapple and Carrot Jam

- 1 large pineapple (or large can of crushed pineapple)
- $\frac{3}{4}$  cup grated carrot
- 1 cup water
- grated rind of one lemon
- juice of two lemons
- sugar

Cut pineapple in half lengthways and remove core. Using a fork scrape out the flesh into a heavy-based saucepan. Add water, carrot, lemon rind and juice. Boil for about 20 minutes. Measure pulp and add one cup of sugar to each cup of pulp. Stir till sugar dissolves. Continue cooking on gentle boil, stirring occasionally. After about 10 minutes, start testing. The basic jam is ready when a teaspoonful jells on a cold plate.

**Variations.** Add one of the following to  $\frac{1}{4}$  of the basic jam:

- 1 cup slivered almonds and a few drops of almond essence
- pulp of two passionfruit
- $\frac{1}{2}$  cup sunflower seeds
- 2 tbsp Grand Marnier or orange-flavoured liqueur.

Place jam in clean hot jars and leave till cold.

## WHAT GRANDMA SHOULD HAVE TOLD YOU

- Don't always believe the amount of water given in recipe books. In my experience it's often too much. Better to have 5

pots of perfect jam than 8 pots of still runny dark-looking tack.

- Whatever the recipe says, the juice of a lemon always makes a great jam even better.

- One teaspoon of your favourite spirit poured over the surface of your cold, set jam will inhibit moulds.

- If improvising a recipe, to gauge the amount of sugar needed, measure one cup of sugar for each cup of cooked fruit pulp.

- Don't boil a watery marmalade till it's black, hoping it will set. Give up early on an obvious failure and use it to replace some of the liquid in an orange cake or fruit cake.

- One or two tablespoons of your favourite spirit stirred into a jar of completed, hot jam will make an interesting jam even more so!

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## GR CHRISTMAS GIFTS

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Stumped for inspiration about what to create in the way of Christmas presents for friends and family? At this time of year what's needed is a checklist of proven ideas which are quick and easy to make but which still retain that homemade flavour so much appreciated by all who receive them. To help you produce the perfect gift for everyone on your list, we've combed the back issues of *Grass Roots* and found a wealth of wonderful things to cook, sew, craft or grow for Christmas giving.

### IDEAS FROM THE PAST

This time we haven't delved right back into the GR archives: previous lists of helpful articles have appeared in GR 52, p. 37 and GR 58, p. 18, where Jose Robinson presents an alphabet of gift ideas that include not only things to make and selections of home grown produce but also offers of your labour and energy to perform chores for the recipient — a gift of precious time that will always be welcome.

When searching for ideas, don't just look in the October and December issues — almost every copy of *Grass Roots* will have a craft, garden or food article that you can use. Here's a selection from recent issues to inspire your giftmaking and provide pleasure to both the giver and receiver.

### Gifts

GR 51, p. 36: For Cosy Baby Toes — quick knitted socks

GR 53, p. 30: Homemade Bags — easy patterns

GR 55, p. 75: New Ways to Use an Old Woollen Jumper — make a delightful doll or teddy bear

GR 56, p. 41: Do-it-yourself Chocolates — delicious!

GR 57, p. 37: Little Lavender Gifts — simple sewing

GR 58, p. 55: Summer Top — 'Eeny-meeny' — knit and crochet in a variety of sizes and styles

p. 74: Cheap Herby Ideas — herbs for the kitchen, bathroom, everywhere!

GR 59, p. 37: Crochet and Macrame Mirrors — or at least the frames

GR 60, p. 18: Making Beads — one the kids will enjoy

GR 63, p. 34: Little or No Cost Gifts to Make — from recycled materials

p. 35: The 'Almost Nothing' Christmas — budget buying and making

p. 36: Gifts to Make and Give — easy sewing

p. 37: Simple Craft Gift Ideas — something for everyone

GR 64, p. 16: Wonderful Christmas Gifts — herbal ideas

p. 34: Christmas on a Budget — gifts to paint, sew, cook or craft

GR 65, p. 33: Make Yourself a Back-pack — and one for a friend

GR 69, p. 59: Homemade Soap — a touch of luxury

### Cards

GR 56, p. 22: Papermaking — really individual cards

GR 64, p. 34: Christmas on a Budget — your own art

### Decorations

GR 58, p. 19: Christmas Stocking — simple sewing

p. 21: Making Paper Folded Stars — to dress up your gifts

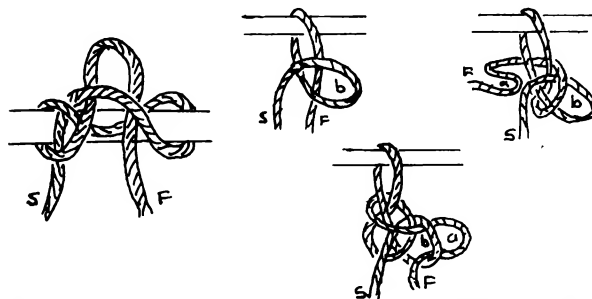
GR 64, p. 17: A Novel Knitting Idea — more stockings

Don't forget, too, that both the *Bumper Book* and *Fireside Reader* contain lots of lovely ideas for those special gifts. So dig into the past — you'll not only enjoy the reading but you'll also discover so many ways to make this Christmas a really wonderful time for the whole family. Make yours a *Grass Roots* Christmas!

---

### QUICK RELEASE KNOTS FOR ANIMALS

These are handy when you need to free a tethered animal in a hurry. The sketches are self-explanatory. 'S' represents the standing part of the rope and 'F' the free end. Pass the free end over a bar or ring and make a single twist and loop (b) in the standing rope. Bring the free end under the twist and behind both the free and standing parts. Make a loop as at (a). Pass the loop 'a' through the loop of 'b' and pull on the standing rope. To release, a sharp pull on the free end is sufficient.



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# SAVE YOUR DOUGH FOR CHRISTMAS

## Inexpensive Kitchen Crafted Gifts

by Jenny Martin, Launceston, Tas.

The urgent need to provide a variety of Christmas gifts without breaking the budget is a great incentive to learn a new skill or begin a new hobby. One that is inexpensive, needs a minimum of materials and can be shared by the whole family is dough art. Everything you need is readily available in your kitchen, and you can quickly and cheaply produce a range of gifts to please everyone.

The basic recipe is:

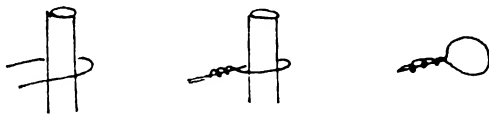
- 2 cups of plain flour
- 1 cup of cooking salt
- enough water to make a firm but pliable dough (about 1 cup)

Mix the ingredients well and knead the resulting dough for about ten minutes until smooth. Break off the portion you want to use and keep the remainder in a plastic bag to prevent it drying out. This dough is a pleasant creamy colour but this can be varied by kneading in a few drops of food colouring. A deeper brown shade can be obtained by mixing coffee powder into the water before adding it to the flour and salt.

### PLAQUE

The easiest project to get you started is a wall plaque. Roll the dough to an even thickness of about 3 mm ( $\frac{1}{4}$  in). Cut out an attractive shape. With a group of children making Mother's Day gifts I used a large heart shaped biscuit cutter but other biscuit cutters, cutting around a saucer, or drawing a template on paper and cutting around it would also be suitable.

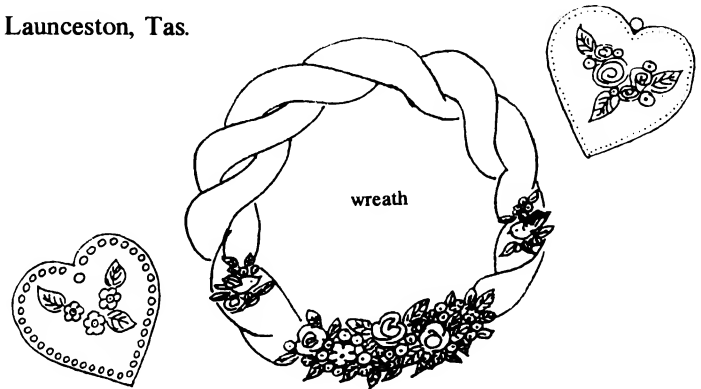
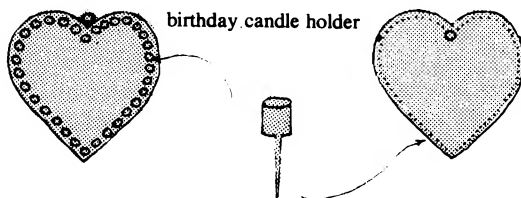
The plaque will need to hang and there are two simple methods you can use. The first is to place a knitting needle in the dough and twist it around to make a hole. The other way is to take a piece of florist's wire and wrap it around a pencil to make a loop, twisting the ends tightly together. Cut off the excess wire leaving a 1-2 cm ( $\frac{1}{2}$ -1 in) end, dip it in water and insert it into the dough.



making a hanging loop

### Decorating the Plaque

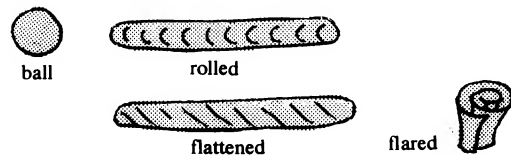
A design can be pressed into the dough using a pen, pen top, toothpick, key or any other object which will leave a mark. I found the small plastic candle holders supplied with a packet of birthday candles particularly useful. A patterned border can be made around the edge of the plaque and the centre decorated with dough shapes. For the heart plaques small moulded or cut dough flowers are attractive. Flower shaped canape cutters are useful as are some of the small flower



cutters used in cake decorating. I found a tiny spring type cutter for forget-me-nots very useful for filling gaps, but cutters are not essential and moulded flowers can be just as effective.

These are the flowers I find most useful.

**Roses** Form a small piece of dough into a ball. Roll to a short rope and then press the rope flat with the fingers. Start at one end and roll the dough pressing one edge together at the base of the rose and allowing the other edge to flare open.



**Tubular Flowers** Roll a small piece of dough to a short, fat baton shape. Insert the point of a floured knitting needle into one end and work gently to hollow it out by pressing and rolling the needle. Using fine nail scissors cut four or five slits around the hollowed end. Gently press and mould the cut edges into petal shapes with the fingers.



**Hollyhocks** Use the same hollowing procedure on small balls of dough and hollow out to cup shape.

**Wattle** Form small balls of yellow dough.

**Doughnut Flowers** Make small balls of dough, dampen and press onto the article being decorated with a fine knitting needle, leaving a central hole.



**Leaves** Roll a small ball of dough, flatten it between the thumb and index finger and pinch one end to a point. Flatten the top again. Mark veins with a long pin or piece of fine wire.



Arrange the flowers on the plaque attaching each one with a little water, using a child's fine paintbrush or something

## SUMMER GARDENING HINTS

### Wind Protection

● Plant your giant sunflowers in small groups around the orchard to help deter fruit fly, then you can tie them to each other — otherwise a strong wind might knock them down.

● Help save your newly planted out seedlings from wind damage by putting margarine containers with the bottoms cut out around them. It not only protects them from wind and drying out, but the containers make them more conspicuous in the garden, so that they are not neglected by lack of more frequent watering.

Reprinted from *Hogs Tales*, Summer 82, journal of the Hunter Organic Growers Society, PO Box 403, Cessnock 2325.

### Bean Stakes

Climbing beans you may have noticed rarely set beans below 45 cm (18 in) from the ground. Take advantage of this by planting a row of dwarf French beans about 5 cm (2 in) in front of the climbers. The string or wire used acts as a support for the dwarf beans and you should be able to pick beans from ground level upwards using this method.

Gordon Ward, Port Augusta, SA.

### Combating Wilt in Tomatoes

Take some electrical wire, unravel the individual strands of the copper wire within, and poke a single strand about an inch long, right through the stem of the tomato plant approximately 10 cm (4 in) above the ground.

Jack Taylor, NZ.

## What is aloe vera?

The juice may be taken in 50ml doses straight, or mixed with fruit juice, for general well-being. The gel relieves pain & discomfort of sunburn and will aid healing of minor burns, sun spots, cuts, skin disorders & insect bites. Apply as often as required. Use spray lotion as gel — no painful rubbing.



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similar. Dry the finished plaque in a warm place — the cupboard surrounding the hot water cylinder, on a warm mantelpiece, on a bank heater or in the oven at about 80°C (170°F) with the door slightly ajar. Most things will need overnight in the oven to dry thoroughly and longer in the other places. When the plaque is cold give it a coat of clear varnish, painting one side and leaving it to dry before turning it over to paint the back. Alternatively, suspend the articles with strong thread and varnish both sides at the same time. A second coat of varnish is worthwhile as added protection.

Try making two hearts to match, hanging both from a small brass ring with ribbons of different lengths. You can use decorated hearts as gift tags on parcels by writing your message on a small piece of paper and glueing it to the back of the dough heart. A very brief message can even be pricked into the dough before it is dried.

Small flowers and leaves can be moulded and dried separately — these will need a much shorter drying period. Varnish and then attach with strong craft glue to hair combs or gift tags.

## OTHER PROJECTS

### Wreaths

Divide a large piece of dough into halves and roll each piece to a thick rope. Twist the two ropes together, being careful not to stretch them, and join the ends by moistening them with a little water and pressing firmly together. Cover the join with moulded flowers and leaves or moulded fruit. Tiny moulded birds nestled amongst the flowers and leaves look attractive.

### Birds

Roll a small ball of dough then press and pinch one end to a fine beak. Press, pinch and flatten the other side to make the tail. Press a pin on to the tail to mark the feathers. For the wing take a smaller piece of dough and press and pinch to shape, mark the feathers and attach them to the body with a dab of water.



beak

tail

wing

bird

### Candlesticks

Roll the dough to a thickness of 3 cm (1¼ in) and cut out with a large scone cutter. With fingers mould the cut edges to round and soften. Press a candle into the centre of the disc and move it around a little to enlarge the hole slightly as the dough will shrink when it's drying. Remove the candle. Cover the base with flowers and leaves and leave to dry. Because of the thickness of the base these will need a long drying period, so make sure they are thoroughly dry before varnishing.

### Jar Lid Covers

Dampen a jar lid and mould a lump of dough over the top and sides. Bring the dough well down the side of the lid to allow for shrinkage. Decorate with flowers and leaves or use small pieces of dough to make facial features — you can use dough forced through a garlic press as strands of hair. Dry thoroughly and varnish.

As you can see from these examples, there are endless possibilities for using this simple art form. No doubt the kids will come up with some great ideas of their own — be prepared for some surprises on Christmas morning. Happy experimenting!

# FROM INCINERATOR TO COMPOST BIN

by Jeff Hodges, Holland Park, Qld.

Compost your grass clippings, leaves and garden refuse instead of burning them.

One of my pet hates is backyard incinerators. Many times in the past I have had to suffer inconsiderate neighbours burning off their rubbish when the wind just happened to be blowing in my direction. All too often this insidious creature was not content with consuming leaves, grass clippings, and other garden refuse and spewing out their remains as billows of greyish white smoke, but would ignorantly be fed on a diet of plastics, rubber, and other paraphernalia of the twentieth century pre-packaged consumer existence, and belch forth the black poisonous chemical fumes of their burning in my direction. It is my firm belief that incinerators should be banned — especially in our suburbs. These ugly polluting orifices belching forth their noxious mix of smoke and poisonous fumes are now totally unnecessary with our excellent garbage collection systems now in operation. Our city air is already polluted enough without inconsiderate people adding to it by incinerating garden and household refuse. More and more people each year are suffering from hayfever, and other allergic reactions directly caused by the increasing concentration of pollution in our atmosphere — in the air we have to breathe.

But aside from the fact of additional pollution, why would you want to burn your grass clippings, leaves and other garden refuse anyway? There is so much valuable organic matter in this material that can be returned to your garden that it is wasteful and foolish not to do so. Far too many people do not realise that the nutrients they throw away or burn could be turned into the garden as useful plant food. Kitchen scraps, lawn clippings, leaves, even newspapers and cardboard, can within a few months become a wonderful natural fertiliser for your garden, leaving more room in your rubbish bin for all the other trappings of our 'throw away' society. Grass clippings can be used as a valuable mulch around trees to keep the ground cooler in summer and warmer in winter, and help retain valuable soil moisture. Kitchen scraps can be collected throughout the day (kept in a sealed container to keep away flies and other vermin) and emptied every couple of days — either by directly burying in the garden, or by adding to a compost heap. Leaves can similarly be composted, and I have used newspaper and cardboard very successfully in lieu of black plastic, as a mulch to keep down weeds underneath a covering of woodchips in a shrubbery garden. In this way, essential organic material is being returned to your garden and your soil, which will result in much healthier and stronger plants, trees and shrubs.

So when I recently moved house and discovered an ugly, sooty, concrete block incinerator skulking in the backyard, I was gleefully contemplating the different methods of wreaking my destructive revenge upon this noxious old antagonist, when a modicum of good sense dawned on me. Why not turn the blasted thing into something useful — like a compost heap? Why not indeed. With this brilliant thought in mind, I started to experiment with different ways of pulling it apart and putting it back together to achieve this end. Eventually, as you can see illustrated here, I opted to dismantle my old foe

Diagram 1. Cross section of compost heap.

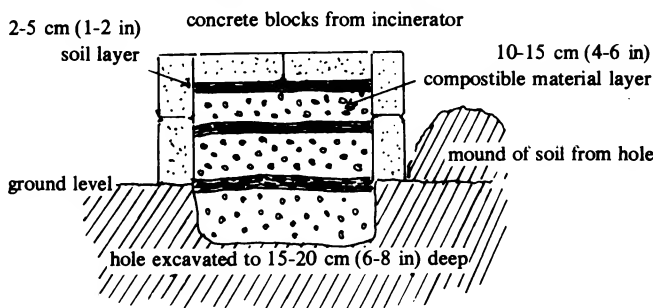
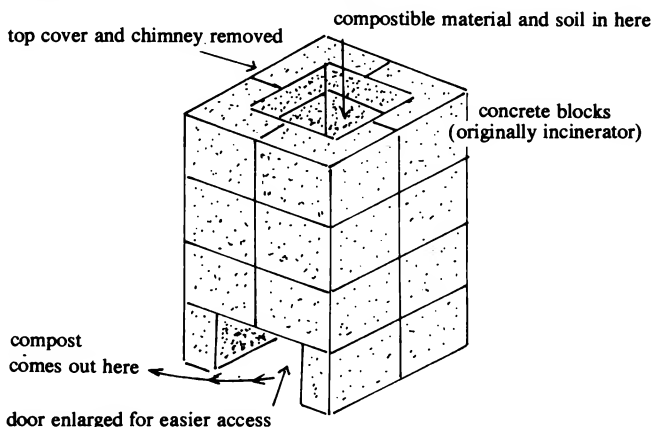


Diagram 2. Alternative compost heap.



completely and use it to create a fairly large, open-ended compost heap, or trough.

After laying out the concrete blocks in the desired shape, I then dug out the soil and placed it to one side. This soil is very important to keep nearby, as it is essential to cover newly laid compostible materials well with soil — at least 2-5 cm (1-2 in) in depth. From then on all you have to do is to lay down your scraps, and cover with soil until the heap is filled (see diagram 1). After a few months the compost will be ready and can be collected from the heap and spread out over your garden. A new heap can then be started. It is a wise idea to either have two heaps — one 'working' and one 'composting' — or to divide your heap into two, so that you will always have a place to put your garden and kitchen refuse.

Of course, you need not follow my particular design when making up your compost bin. You could leave the incinerator as it is, and just enlarge the trapdoor in the base so that you can put your scraps and soil in the top, and collect the ready made compost at the bottom (see diagram 2). It's important that you take out the ventilation grate at the bottom to allow the worms, bacteria, and other soil life access to your refuse, to ensure proper digestion. Whatever system you use, be sure to do it today. Turn that smelly old polluting incinerator into a most wonderful ally — the noble compost bin.

Jeff is the author of *Harvesting the Suburbs — Australian Backyard Gardening, a Natural Approach*, available for \$10 from the author, 23 Macklin St, HOLLAND PARK 4121.

# Horses For the Small Holder

Finding the right breed of horse for your homestead needs appears a more difficult task than finding the right breed of sheep or cattle. An earlier issue (GR67) presented two readers' ideas on this subject and this issue we look at two breeds which despite having origins almost a world apart share traits of coverage, strength, tractability and hardiness.

## The Waler

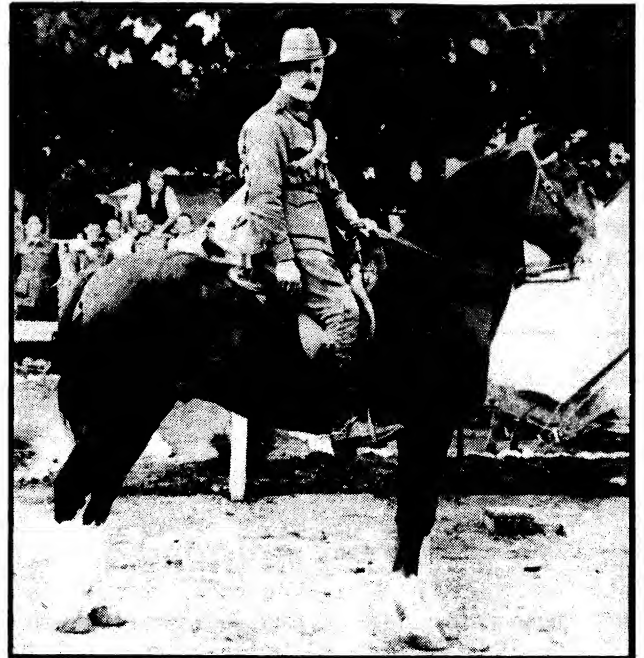
The Waler horse is best known for its exploits as a cavalry mount, and won universal fame in this role. It is an integral part of Australia's heritage and the ANZAC tradition. Approximately 210,000 were exported for military purposes early this century.

Waler refers to the colony of New South Wales, where horses were bred and/or shipped from during the early 1800s. This name was generally applied to Australian horses of the day irrespective of their type or background. The 'true' or 'classic' Waler however fell somewhere within a relatively narrow spectrum of those in existence at that time. A wide variety of horses were imported after the initial seven Cape horses which arrived with the First Fleet. The object was to breed a useful horse to assist with early colonisation, and a distinct type evolved quite quickly from those animals — a stout compact saddle horse of 15 to 15½ hands, predominantly Arab and/or Thoroughbred but with some heavy horse influence. The Waler is not a breed as such, and no stud book has ever been formed — the nearest attempt being the formation of the Stock Horse Society in which the Waler type featured, although only in the early period.

The typical Waler is between 15 and 16 hands high with clean legs and dense bone, hard feet, muscular sloping shoulders with the stamp of some thoroughbred history. The Waler can differ between states, some having a touch of Arab and others with blood from heavy breeds such as Clydesdale, Percheron, Shire or Suffolk Punch. There is no standard colour for Walers; they are usually chestnut, though some may be bay with black points, grey, blue grey and liver chestnut. Brown Walers often have a taffy colour in the tail.

In conformation the Waler is a big upstanding horse with a reasonable amount of wither, well muscled top and good sound legs. A good percentage of Walers have feathering from knee to ground — some with fetlock hair and the rest clean legged. Deep girth and wide intelligent head should go with body size and the horse should have a placid temperament. When newly broken it may be a bit stirry but will gain confidence rapidly and is willing to learn.

There are three main types. A clean legged Waler does not have a massive bodyweight but is upstanding and fine. The middle Waler is a very versatile animal, manoeuvrable and free moving. It has fetlock hair, little or no feathering, and a good barrel. The heavy Waler is the base breeding stock from which the basic Waler comes. It is suitable for heavy work and able to carry weight i.e. rider and equipment — pack saddle etc. It has feathered legs and hairy fetlocks, and may have feathers under the jaw. A big upstanding horse, it is both placid and very quick. An average Waler should be capable of carrying a trooper and his equipment (together between 112 and 127 kg/18 to 20 stone) if he is to be accepted in the lighthorse regiments.



The original type of Waler photographed during World War I at Broadmeadows Army Barracks in Victoria. The rider is Trooper Harry Johnson, who returned safely from service!

The Waler Horse Society is committed to preserving the original type of horse conforming with the Waler ideal. As the Waler has not been bred or managed in recent years the Society obtains the type from areas which have histories of remount breeding, where the best examples originated, where in recent years the managed herds have had least exposure to outside influence, and where horses (by chance rather than design) remain true to type. Isolated areas on some NT cattle stations have proven to offer the best examples with the above in mind. Eradication programmes currently in progress centralise these horses when they are trapped prior to shipment to the meatworks, and there lies an opportunity to select suitable types. Unfortunately many fine examples have already gone this way, others being left to an agonising death as a result of airborne 'shoot outs' — a cruel and unjust reward for an animal which has served this country well and played such an important part in our heritage. The Waler Society is attempting to obtain as many of these horses as possible to form the foundation for the horse's future as Australia's own Warmblood.

It has been found that the horses from the arid regions possess a stamina not found in those from coastal or tropical areas due to the harsh conditions and severe natural selection. They do not suffer the parasite infestations of their counterparts and are more readily able to acclimatise to colder regions where they flourish when introduced to better feed at



an early age. Currently, Walers are living up to their past reputations in varied equine pursuits, they are hardy, frugal, kind, reliable and possess great heart and stamina. The NSW Police Force has chosen to purchase a number of Walers, and others are successfully competing in showing, eventing, jumping, stockwork, polo, tentpegging and endurance. They make an excellent trail riding horse.

To quote the perhaps prophetic words of Mr Carr, Chief Inspector of Stock in the Colony of Victoria last century and a

noted authority on horses:

‘The time will come when the arid plains and the burning hillsides of Central Australia will produce a horse that will be famous all over the world, and perhaps surpass even the Arab of the desert.’

If you are interested in helping to ensure the future of the Waler, please contact: Vic — Peter Fischer, (059) 872 741; NSW — Lydia Dogger, (066) 779 205 or Sue Tower, (02) 750 8296; ACT — Ros Sexton, (062) 582 562; Tas — Michael Kelly, (003) 636 186.

## More GR Horses

by Brigitte Krum, Michelago, NSW.

For those readers who are attracted to Haflingers but happen to live light years away from Haflinger areas like NSW, ACT, Qld and WA — especially those in Vic. and SA — there is another option for you. Get in touch with the van Raalte family of the Horse & Plough Farm at Wistow in SA (between Mt Barker and Strathalbyn), they are the first importers and breeders of original Norwegian Fjord horses in Australia.

Although these horses are more like very large ponies and have a completely different heritage from the Haflingers (they are in fact related to the very old breed of Przewalski horses seen in zoos, with a mixture of other breeds as well), they were bred for the very same criteria. Fjords are solid duns with black and white manes and tails. Manes are usually trimmed short and will then stay up (see photos) but if left untrimmed they will grow very long and heavy. In common with Haflingers, they are very strong, energetic, long-lived, fertile, surefooted, intelligent, affectionate, hardy, good doers on scarce feed, and incredibly calm and tractable. They are also very versatile and their uses range from heavy pulling over all kinds of harness work, to riding, including jumping and dressage, stunt riding, western riding and endurance. Ridiculed at first in Europe, Fjords have gained a reputation as stayers in the longer endurance races, being tough and reliable — and a lot faster than commonly expected.

The Australian community interested in safe, pleasurable riding and driving must be re-educated about the benefits of seemingly small but amazingly capable equines of the hardy kind, strong enough to handle much more weight than other breeds of comparable height (approx. 13-14.2 hh) and more



A Fjord pony mare in Kikedallu, Norway.

agile than a horse of similar sturdy build — plus the brains come in handy too! Last but not least, both breeds have so much eye-appeal that it is almost impossible not to fall for them, sooner or later. This is rewarded with more joy and pleasure than you pay for, even though they are not cheap. (Quality, as everywhere, has a price.) Take heart and discover the difference!

For more information on Fjords, contact: Joy and Bram van Raalte, Horse & Plough Farm, C/- PO, Wistow 5251. Ph: 062-359-179.



‘Bragi’ a Fjord pony stallion relaxing during the final stages of preparation for an endurance ride.

# Holiday Help For a Happy Hereafter

There are few people who don't look forward to some sort of break over the Christmas period, regardless of whether it is time spent away or just pottering around at home doing the necessary chores. Each year we take a little space to remind those who are going away that time and effort spent on planning and setting up a place will be repaid many fold on return when you find your house still secure and standing, the gardens alive and flourishing, the stock in their correct paddocks and the poultry still laying. Anyone who has returned from a blissful holiday to find the garden decimated and chaos amongst the livestock will know the disappointment and outrage experienced. There will always be a few hiccups but the tragedies can be minimised and even avoided with prior thought and preparation.

## POINTS TO REMEMBER

- Arrange for someone to visit regularly to check for intruders, keep an eye on stock and monitor food and water, collect eggs and vegies and water plants if necessary.
- Deep soak the garden once or twice during the week prior to leaving and reduce water loss by the strategic use of thick mulch. GR 46, p. 28 describes 'Once a Month Watering' and GR 52, p. 42 discusses deep soaking. Protect seedlings and struggling plants with bag guards, and centralise pot plants in

a shaded spot. House plants can be left standing in a little water in the washtrough. If high temperatures are anticipated it is worth asking neighbours to check and water plants even if you're only away for a few days.

- Poultry and animals should always be approached with the idea that if anything can go wrong it will. List the possibilities and implement any precautions you can. Fresh, cool water of course is essential *all the time*. Even if you're new to the area approach someone to help here — it will entitle them to a favour from you in the future. Food is necessary too but often it is possible to leave enough for ad lib feeding. Arrange for eggs to be collected, as a nest full of eggs leads to broken eggs which may initiate egg eating, and it also encourages broodiness.

- Remember to stop newspaper and mail deliveries, lock up garden tools and workshop equipment, store bikes inside and generally remove easy temptations. It goes without saying that windows and doors should be left locked.

By the time you get away you will be exhausted and questioning your sanity, but both conditions would attack in a more severe form if you didn't prepare, and returned to a shambles. Happy holidaying.

\*\*\*\*\*



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# Gourd Help Us! or A Gourd For All Reasons

by Isabell Shipard, Nambour, Qld.

For thousands of years people in many countries have used gourds to carry, store, prepare and serve food, for drink and medicine, and for the construction of a number of types of wind, string and percussion instruments. These fruits have unlimited decorative uses in their natural state as well as when altered by burning, painting, carving and finishing with waxes, lacquers, paints and other materials. Once you start, you'll find the art of gourd craft lends itself to the creation of many attractive and useful objects, as there is a shape for almost every purpose. Having grown and decorated your first gourd, it is a fair bet that you will be an avid experimenter with this fascinating craft.

## VARIETIES OF GOURDS

Gourds can be divided into four main groups.

### Ornamental Gourds (*Cucurbita pepo* var *ovifera*)

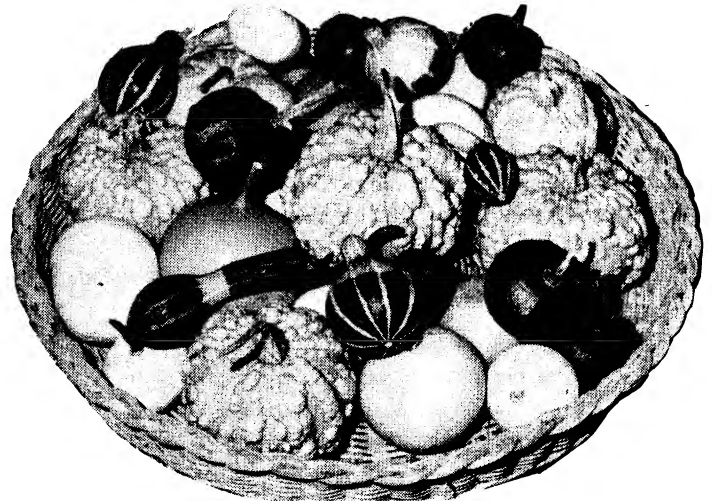
These are usually small fruited and brilliantly coloured, ranging from yellow, gold and orange to shades of green and white. They may be patterned, speckled, striped, warty or smooth, and occur in a wonderful variety of shapes, named accordingly — miniature bottle, egg, spoon, crown of thorns, bell, star, warty hardhead and many more. All these plants have yellow flowers and all cross-pollinate readily if grown close together. For fruit true to the parent plant it is necessary to hand pollinate and then cover the flowers, though slight variations may still occur from previous crosses. Ornamental gourds are not generally eaten, although when raw they taste rather like pumpkin and the seed has similar food value. When cooked they develop a very bitter taste.

### Lagenaria or Hardshell Gourds

Usually mainly green in colour and much larger than the *Ovifera* varieties, these are grown mainly for their shape rather than their colour. Occurring in a range of shapes and sizes, they can whilst growing be trained into the shape you want: long necks can be knotted or curled, and I have even seen one in the shape of a violin! Hardshells can be grown on trellises — ideal for longnecked varieties but the larger round or oblong types are too heavy for this. Flowers are white and open during late afternoon and at night; they do not cross-pollinate with ornamental varieties. Hardshell gourds, as you would expect from the name, dry to be extremely hardshelled and long lasting. Before they harden the young fruits, cooked like pumpkin or zucchini, can be eaten as a vegetable.

### Luffa Gourds

Also known as vegetable sponges or dishrag gourds, these come in two distinct varieties — *Luffa cylindrica* and *Luffa acutangula*, which has definite ribs and is a familiar Chinese vegetable. Both have pale yellow flowers and can be eaten when young. To prepare a luffa gourd as a dishcloth or sponge, allow it to turn brown, preferably still on the vine, then peel off the outside skin and shake out the seeds. Hey presto! A beautiful sponge, ideal for scrubbing your back or loosening grime from the pores in bath or sauna. For sale,



they can be whitened in clothes bleach, then ironed or pressed flat with weights. Larger ones may be cut in half.

### Ornamental Cucumbers

These often produce extremely long fruit. One smaller variety, the horned cucumber, may be used as a vegetable when green or as a fruit once it turns orange. It will keep for long periods when picked, and may be found (for a price!) in some fruit shops. The wax gourd or tropical cucumber (*Benincasa hispida*) can be over 1 metre (3 ft) long and weigh up to 40 kg (85 lb). This and the long or New Guinea bean are great as vegetables — sliced and fried, baked, stir fried, in casseroles, salads or even cakes. Once cut they keep well in the refrigerator.

This is by no means an exhaustive list of gourds. With a little local research you will find other interesting varieties to suit your growing conditions and particular needs. Select a range of colours and shapes to inspire your craft ideas.

## GROWING GOURDS

Anyone who has grown cucumbers, pumpkins or melons will have no trouble with growing gourds, as they belong to the same family. Gourds require a well drained sunny position and can be grown on trellises, along fences or over sheds, or as a ground vine. In confined spaces they can be grown successfully in tubs with a stake to climb up.

### Planting

Prepare the soil with rotted manure, compost and lime — a pH of 5.5-6.5 is adequate. Plant seeds in spring or summer, in pots or straight into the ground in rows or hills (2-4 seeds per hill). In warmer frost free areas seeds can also be planted in autumn and the vines may last through the year, in cooler temperate regions they should be treated as annuals.

Keep the soil moist until after germination (7-21 days). If planted in damp soil and kept well mulched, gourds may not need any further watering during their growing period.

## SUMMER BEAUTY CARE

### Skin Cleanser and Softener

Make a small bag out of a piece of muslin or plain cotton. Fill with 2 tbsp of oatmeal and 2 tbsp of dried rosemary. Secure bag with ribbon and make a loop, so it is easy to hang onto and hang up. Fill basin with warm water. Swirl bag around until water is quite milky. Rinse face. Hang bag up to dry. May be reused until no more milky liquid comes from the bag.

Reprinted from *Dittany*, No 1 1979, annual journal of New Zealand Herb Societies, C/- PO Box 20-022, Glen Eden, Auckland NZ.

### Honey Beauty Masks

For oily skin: mix ½ cup fine oatmeal with enough honey to form a stiff paste, adding a little rose water if it is too stiff. Cleanse the face and apply the mask, leaving it on for about 30 minutes, then remove with warm water and a soft cloth. For dry skin; make the mask with almond instead of oatmeal. The mask should be used three times a week for a month.

### Smile Savers

Mouth cleanser: shake together 1¼ cups of sage infusion, 3 drops of oil of peppermint and 2 tbsp borax powder until dissolved, and then shake again before each wash.

Lip salve: gently warm 250 g (8 oz) of almond oil with 25-50 g (1-2 oz) of beeswax, and a drop of peppermint oil. Store in a small pot and rub on gently.

Reprinted from *Herb Thymes*, No 1 Feb-Mar 1987, newsletter of the Herb Society of SA, PO Box 140, Parkside 5063.

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## ORGANIC GARDENING CALENDAR, 1989



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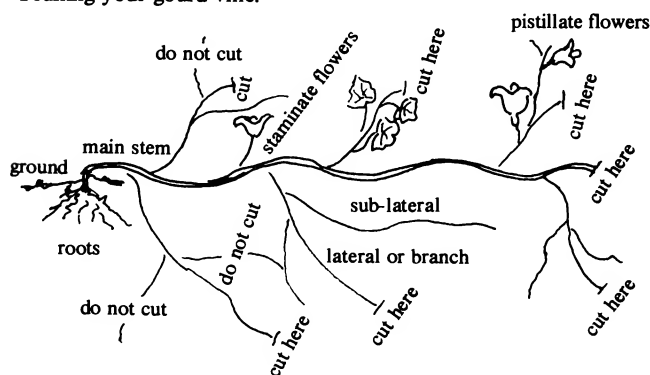
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## Cultivation

Thin seedlings to allow 1 m (3 ft) between plants if trellised, 2 m (6 ft) if on the ground. The vines will grow extremely fast in warm weather. To deter pests such as cucumber beetles, aphids and borers, it may help to plant radishes and garlic among your gourds. Diseases will be similar to those that attack pumpkins — bacterial wilt and powdery mildew — and may cross infect from these plants. Lessen the danger of powdery mildew by watering early in the day and not allowing water to contact the leaves. Spraying with horsetail (*Equisetum arvense*) tea should help to strengthen your vines.

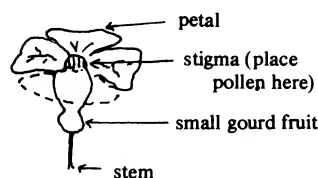
Careful pruning will increase the yield of gourds. The female fruitbearing flowers occur on side branches and the male pollen producing flowers are found on the main stem, so it is important to encourage the vine to branch as much as possible. When the vine is 3 m (10 ft) high cut off the end of the main shoot to cause it to produce lateral branches. These in turn are cut when they have grown four leaves, promoting further branching and greater fruit production.

Pruning your gourd vine.

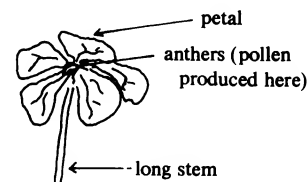


Hand pollination, for truer breeding or if bees are scarce, may be done with a small paint brush. Brush it around the centre of the male flower to pick up pollen then transfer it to the central stigma of the female flower. Cover the female flower with a paper bag until flowering has finished. You can also cross-pollinate in this way to produce new varieties.

Male and female gourd flowers.



female fruited blossom



male non-fruited blossom

Part II next issue will describe the best methods of harvesting and drying your gourds and present lots of ideas for using them in craft work.

Confine yourself to the present. *Marcus Aurelius*

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# TAPITALLEE

## Retreat to a Fuller Life

Tapitallee Retreat is a spiritual/environmental education centre set on 120 acres of natural bushland 2½ hours from Sydney. Since its establishment several years ago there have been many times when Sandi and John have felt like giving up. Sometimes it was very close, but always the background thought 'Let's give it another try but in a different way' came through. Dedication to their vision has always been big in their minds and deeds.

by John and Sandi Rutledge, Tapitallee, NSW.

When we met eleven years ago, we were both ready for a change in our lifestyles though our backgrounds were of a different nature. John was a teacher of transcendental meditation for ten years, and I worked in business management and human potential fields. We shared a similar dream, that of building a safe place for people to come and retreat in nature or experience a seminar on environmental, human or peace studies. This dream would encourage us to experiment with alternative building concepts and technology, and to develop our communication skills in promoting and organising workshops of a nature appropriate to our vision.

### BUILDING PROJECTS

Our land was free of mortgage, which was a big start. Rather than being overwhelmed by the impact of what our end goal was to be, we decided to start by taking one step at a time. The first step was to approach the local council for developmental approval, changing the status from rural to the title of health retreat. In our experience we have found the council has not been overly difficult. If we were sure of what we wanted and firm in applying to them, that only left the skill of extracting from them the necessary requirements for the job.

#### The First Cottage

Once we had approval, the next step was to apply for a building permit. We decided on the structure of our large building, selected a plan designer and submitted the plans for

approval. Next time we had plans drawn up for future buildings, we were more selective in our architect, making sure he had a firm price in writing before commencement of drawing; it was a hard lesson to learn that a price for drawing plans can double without being told beforehand. Council approved our application and we were on our way.

Because we had limited finances, we gathered recycled materials, e.g. wood, windows, doors and interior lining. We found by letting our friends know of our needs, a lot was met by donation to our building programme. People had a lot of materials that were of no use to them, and very suitable for our needs. It was a big saving on our funds. We then spent the winter making mudbricks. Colder seasons are best because the bricks don't dry out too quickly and crack. It became a good game to see how cheaply we could obtain whatever materials were needed next; it taught us a valuable lesson in relying on our own resources and trusting that what we needed would be supplied. It has never failed; sometimes materials would be slow in coming, but they always came in the end. The major costs were concrete, and sawn timbers which we bought from our local saw mill at a very reasonable rate. We have always found a small family business ready to negotiate a cheaper price. All the windows and doors were second hand, the interior wooden lining was bought cheaply as water damaged stock, a coat of paint did wonders. The downstairs floor was a combination of concrete and bush rock



Nebulus cottage — an idea takes form in mudbrick, local timber and rock.

set into it, the upstairs floor used second hand materials.

Once we had finished the building, the mudbricks were sealed with a mixture of 1 part bondcrete to 10 parts water, applied with a large sponge. It has a good finish and looks very attractive. Our exterior bricks were tested at the CSIRO Experimental Building Centre at Ryde and were shown suitable for exterior walls without any additives. This has proved true, some walls were left uncovered for a period of three months, with heavy downpours of rain during that time, and the bricks were not damaged in any way. Our finished price was \$7000. This was John's first attempt at building and it was very successful. We were now reassured that with little money and lots of determination a big dream could be realised.

Nebulus, the name of our first cottage (meaning, a gaseous cloud in the universe, with no distinct form), was our only structure for three years. As our clientele grew the need for extra space became evident.

### Tipis

John has always had a fascination with the philosophy of the American Indian. During a heavy rain period, we browsed through our large collection of books on the subject and found a pattern for a tipi. We realised that with little expenditure we could create a space for extra people by making one. We purchased a second hand industrial sewing machine for \$80, decided on artist quality canvas to experiment with and John sewed two tipis. Poles were cut from a nearby property (the land was being cleared and these poles would have been burnt), cleaned and treated with oil. We now have three tipis and they are very popular with our guests — good fun to sleep in. The cost for each was \$200.

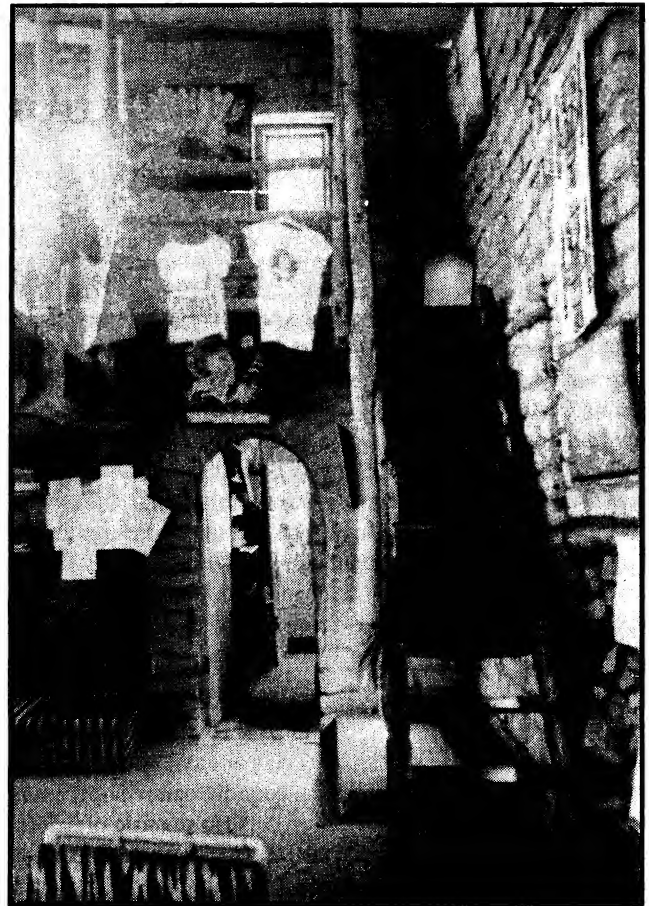
### Trains

A friend who had lined up a tender for purchasing some trains invited us to buy with him. The trains had their wheels (bogies) cut off and were transported to the site, where two are built together to provide an extra venue for workshops and the third carriage is used as our dining car — with a large room attached it caters for forty people. The carriages were set on brick piers 4 metres (13 ft) apart in a standard building specification. The wooden floor was set on piers between the carriages. Steel roof trusses spanning both trains and covered with a corrugated iron roof gives the look of a railway station. A hot drum heats all the rooms of the structure — it looks great and if managed correctly will keep heating 24 hours a day on limited timber.

### Dome

We had our heart set on constructing a dome. A friend of ours also had the desire to build a dome and had a set of plans he had designed himself. He offered his time for the construction. The geodesic dome was a very cost effective building, the total price being \$1200, not including labour, for a five m (16 ft) diameter structure. There are domes available in kit form, but not up to the quality of ours.

The dome form is 50 x 50 mm (2 x 2 in) timber struts bolted together at their joining point with a 19 mm (¾ in) plywood plate. Because the timbers need to be cut at a specific angle they were cut on a mitre saw and it took two days of cutting and drilling to ready all the components, one day to bolt the frame together and then two weeks of constant work for cladding the frame. Imported shingles of bitumen



Inside Nebulus — room enough for our early needs.

with glass fibre reinforcing were used very successfully, and we have no leaks. This was the most expensive material used and cost \$700. The floor is timber rounds cut off a log about 10 cm (4 in) thick, and cemented together. The cementing had to be done twice as there was some movement. When finished it looks great, and is a cheap floor.

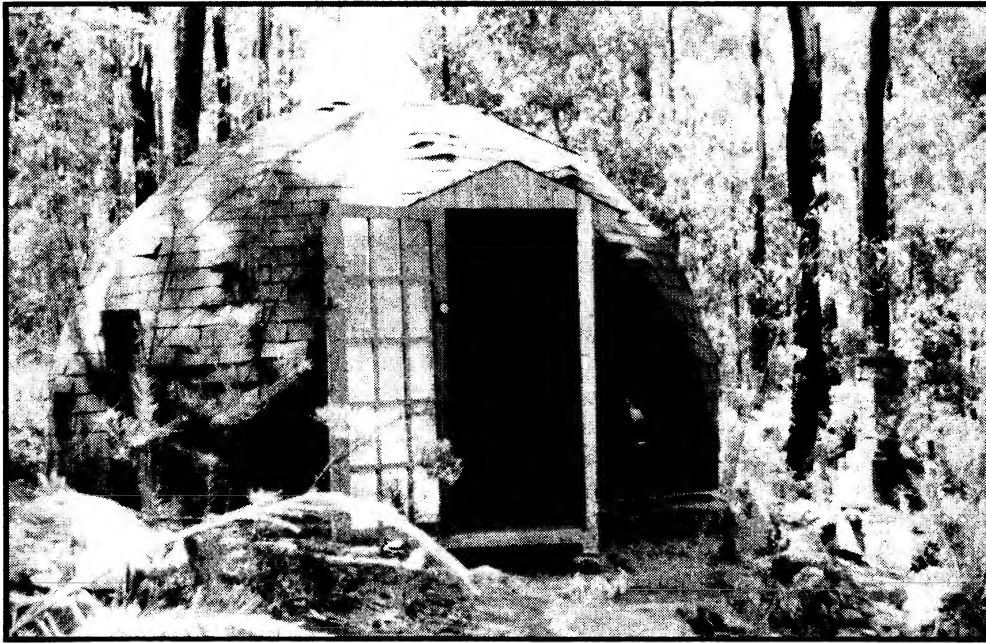
It is a bit like Dr Who's Tardis machine — from the outside it appears small, and when inside it is remarkably large. It is a great place for music, the acoustics make it feel like stereo head phones. The dome builder was married there, with 40 guests comfortably seated on cushions. Unfortunately the plan for the dome is not ours and feedback from us about dome construction is very limited. However we would be willing to pass on any enquiries to Robbie 'the domestic'.

### Power Supply

Due to the exorbitant costs of electricity, we decided to use porta gas lighting, candles and solar power. What a treat — it works magnificently and adds a touch of the old romantic world to the place. Our hot water system is wood fuel and solar heated and it gives us an abundance of hot water. Besides, the guests staying find it a treat to gather the kindling and light the fire before their showers, it makes them more aware of how easy it is to just accept the endless supply of hot water used in regular households, and how simple it is to make our own if we need to.

### FURTHER PROJECTS

From putting all our energies into building, we have now moved on to a further stage of development at the retreat.



Although it looks small from the outside the dome is surprisingly roomy — large enough for a wedding party of 40 people.

### **Biodynamic Gardening**

In the last twelve months we have been involved with courses on biodynamic gardening principles and permaculture design. Through the courses we have established two large gardens. One garden is 20 x 11 m (65 x 36 ft) enclosed in a heavy wire mesh to keep out the kangaroos and visiting wombat. In this enclosure we grow seasonal crops of household vegetables, e.g. tomatoes, lettuce, spinach. It is watered by the micro or trickle irrigation method, and this area can supply us with ample vegetables for our family. A cash crop of garlic on 0.1 ha (¼ ac) has been planted on a hill, not running across the field, but up and down the land in orderly rows. Local farmers are showing interest in biodynamic methods of farming because of the outcry regarding pesticides and chemical fertilisers. We are also members of the National Association of Sustainable Agriculture, and support their program.

Adjacent to the gardens, following the permaculture ideal of an integrated productive landscape of livestock, crops and trees, we run our chooks, ducks and peacocks. They have a carpet of hay 15 cm (6 in) deep on the floor of their run, from which we get excellent compost material. The floor is cleaned out once a month and fresh hay laid down. The chooks really like it and have an excellent area in which to scratch about. Our gardens would not exist without our compost heaps. I have found that becoming involved in compost making is an exciting and rewarding pastime. Every scrap I can save, except for what the chooks get (and that is recycled anyway), goes into increasing the size of the latest compost.

Our main garden pests are the bower birds. We have encouraged magpies to forage for grubs in the vegie garden by feeding them a small amount of meat each day. They do eat some of the new growth, but not as much as the bower birds.

Fruit trees have been planted for our orchard, once again using the permaculture design. Windbreaks have been established with lucerne trees in front and fruit trees behind, so that they serve a double purpose of providing both food and shelter. Already established trees on the property include three crop

bearing carob trees and a large macadamia tree which yields a good crop of nuts each year. The climate is temperate and we are experimenting with pawpaws, mangoes and avocados. We are in a no frost area so we should have good results.

Bees are a new addition to our family. We have gaily painted a hive and it is settled next to the garlic crop. Future plans are to acquire more hives and grow a quantity of herbs next to the hives to complement the honey flow.

### **THE FUTURE**

We could be overwhelmed with the amount of work that is needed to keep all these many aspects of the Retreat in an efficient working order. It all works by starting small and doing it in an orderly fashion. The workshops have been a great help in establishing the gardens and bees; Michael Curry, our biodynamic teacher and beemaster, is very gracious in his help, and dedicates a lot of hours to the upkeep of the gardens. We have learnt from our process of building a dream that everything is possible. We are now establishing ourselves as an education centre for environmental, human and peace studies. We don't see our building programme as completed, but now we have a system of efficient operation to minimise the workload; we keep a sense of humour, looking at our work as a game and enjoying what we do. What we have created is now being energised with other people's input, we realise that in the coming years Tapitallee will continue to grow, giving us the opportunity to change and grow with new ideas and concepts. For us, our dream has become a reality.

If you would like more information about the Retreat, contact Sandi at Tapitallee Retreat, Illaroo Rd, Nowra 2540. Ph: 044-460-138.

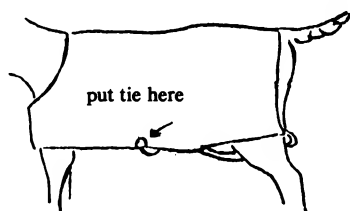
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# Natural Goat Care

by Pat Coleby, Garfield, Vic.

I am writing this as winter is really taking hold. In the southern states we had a long, warm autumn with good rains. Having so long nursed goats with CAE through hard winters, I was rather dreading the onset of cold wet weather. Now it is here I realise that I should not have worried. It is so many years since I have had all healthy animals that I have forgotten what it was like.

All my milkers wear sheep rugs through the cold weather as a matter of course because it takes quite a lot of extra feed to maintain body warmth. There is only one snag in using sheep rugs on goats: because they do not have the wool to fill them out, they tend to get their back feet caught in the straps when they have been lying down. Last winter this meant one or two raw areas between the toes. I have found that if I put a piece of elastic or old nylon stocking from one side to the other, as in the illustration, this does not happen.



Rugs also mean that they ignore drizzle and the odd rainstorm, and do not come tearing into the big shed at the first drop of rain. The young goats never seem to worry anyway, but it was not till a few weeks ago that I realised just how different things were going to be for the rest of the herd. I had been altering the goatshed inside and had the goats shut out of it so I could go back and forth with the wood and tools. When I finished I forgot to open up the shed again for them and did not notice a heavy fall of rain. A little while later I suddenly remembered and tore out to find a very indignant lot of soaking wet goats outside the gate. They all seemed in good spirits, so I did not worry. None of them were any the worse for their soaking. What a change from the last ten or so years, where a happening like that would have meant one or two at least with pneumonia, and all rather sick and miserable. It has certainly been worth it to go all out to get a herd as free from CAE as finances permit.

A friend rang a few days ago to ask me what I felt about feeding soya bean meal to goats. We had a long discussion on feeds, and I said that bitter experience had taught me to stick with the basic feeds, preferably those that were not too high in protein. I have tried all the options — lupins (which are reputed to be 40 percent protein!), peas, soya beans, pea hay, sunflowers and so on. The latter are the safest in my book, as they are not goitrogenic (i.e. they do not cause goitre) like the others. Cottonseed meal although not goitrogenic was responsible some years ago for ruining the kidneys of several horses, so that is out too as far as I am concerned. Years ago one of the old original goatkeepers, in response to my telling him I was feeding pea hay, and what did he think, told me 'You'll regret it'. He was right. I did, eventually. It took a little while for me to realise that although the milk production was undoubtedly higher than usual the general level of health was down — not

much that one could put a finger on, but still not as good as it used to be. I feel that any of these high-powered feeds, even if they do raise the milk output slightly, make the goat take more out of its system than it can back up.

Nowadays I feed a very unglamorous ration of two parts lucerne chaff, two parts oaten chaff, one part bran and half a part barley (soaked) with the minerals added. The hay is grass, the best quality I can get; at present they are eating my first cut on this place, and obviously enjoying it. It was three years before I reckoned the soil was good enough to keep my own hay. Last winter the milk started to rise in the second week of June, this winter it started in the last ten days of May, so I guess I am doing something right. The only feed that I might add to the above ration for a special treat, if I could afford it, would be sunflower seeds, one quarter of a part added to the above. That would work out at roughly two tablespoons per goat per day. So my friend and I finished up deciding that it is best to stick to a good plain ration with about 12 to 15 percent protein value, if you want to keep the goats healthy and on an even keel.

I was reminded the other day of a tip I was given years ago by a Canadian goat farmer who was staying with me. I found one of the younger goatlings that had managed to insinuate her head into a hole, but couldn't remember how to get it out again. The person with me was quite worried and talked about getting the wire cutters. I could have pulled at her all day by the shoulders without anything happening, but instead I pulled one back leg, as my Canadian friend had suggested, and sure enough the goatling gave a twist and her head came out the same way it went in. For some reason it works, probably because it makes them twist, but I have never had it fail, whereas several times before I had found myself demolishing the fittings to extract a goat.

Yvonne Bastow, in GR 67, asked if there were any goats' milk recipe books. The Victorian Branch of the Dairy Goat Society of Australia has a rather good publication called *All But the Bleat*, price at the counter \$3.50, but postage would have to be added. The book sales person is Mrs G Keays, RMB 8680, Bannockburn 3331.

Yvonne also asked how one could keep two goats and a horse on one acre. I used to keep seventeen goats, and one or two horses, on two and a half acres for twenty years. It was divided into two paddocks, one of only an acre. There were no worm problems, and it was the most fertile piece of land in the district. Strict adherence to the principles of organic farming was the secret. I had the paddocks analysed for minerals by Mineral Fertilisers of Pooraka SA first, then put on dolomite every year as they suggested. I also spread goat manure over the paddocks — it took me two years to cover them each time fully, but the result was dramatic. There was no problem with worms because the goats will not touch land where manure has been spread for several months. My drenching rate was about a year or slightly less between drenches!

I also cut a tonne or so of my own hay each year. Of course all animals were handfed, horses once a day, and goats twice a day with hard feed and hay when necessary, but it was a highly viable exercise which brought me in about \$60 clear a



week from selling goats' milk. The horses were paid for by the goats, and gave us all an immense amount of pleasure, as well as being used for stock work and breeding. Of course we had chooks and the usual range of pets at various times as well.

This may sound like a tall story, but it is not. We had a family of four under four so I had to find an income that did not take me away from home, and that was it. Try it — you'll find it's quite possible if you're prepared to work.

## GRASSWISE

by Margaret Oag, Oakville, NSW.

*If you ever have a moment when you're sick and tired of work,  
If just for once that cleaning of the poultry run you'd shirk,  
If you ever see the grass needs mowing and yet don't really care,  
You might try doing some of these, see just how well you fare.*

These twenty questions are based on information from past issues of *Grass Roots*. How 'Grasswise' are you? There's no prize — just the satisfaction of knowing how well you've picked up information from these pages.

1. True or false? A yurt is a farm animal of S. America.
2. What is cumbungi used for in craft work?
3. You might be a 'kidder', but what else is?
4. Why was the Cactoblastus moth introduced into Australia?
5. You got oozy on Opuntia wine. What is the basis of this wine?
6. Who eats tagasaste?
7. Why do some animal breeders freeze colostrum?
8. What is this? 'It has up to 2000 pods on a bush and was used by some American Indians as their only carried food on long marches.'
9. What are these — Galloways, Murray Greys and Devons?
10. Name a popular sprouting seed beginning with 'A'.
11. What is a potpourri made from?
12. What produces mohair?
13. Rearrange these letters to form a wine — MADE.
14. What colour dye does woad produce?
15. What is soil pH?
16. What is the source of alcohol fuel?
17. What is a bouquet garni?
18. What is someone doing when they are mulching?
19. How long is the incubation period for hen eggs?
20. What is 'wedging' in relation to pottery?

*Solution on page 59.*

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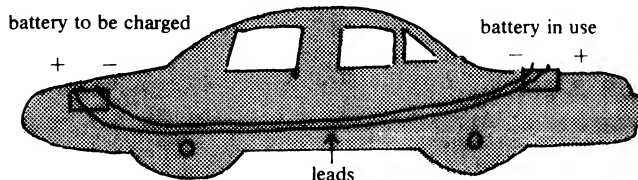
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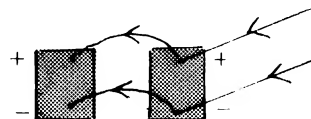
by Danny Callaghan, Coffs Harbour, NSW.

This provides a simple, quick, inexpensive way to save people trips to town to charge batteries at garages. You can use your car's alternator to charge your extra batteries whenever the car is run, by placing battery/s in a box in the back of the car, and running leads from the terminals on your car battery under the bonnet to the same terminals in the back, i.e. positive to positive.



You can route the cable under the car, tied securely or as I do, under the rubber floor mat, and immediately you connect your exhausted battery to the car's charged one it starts to equalise out and the charge flows into the spare battery, effectively half-charging it without running the engine. Connecting more batteries in parallel also works but obviously requires a longer drive.

connecting batteries in parallel



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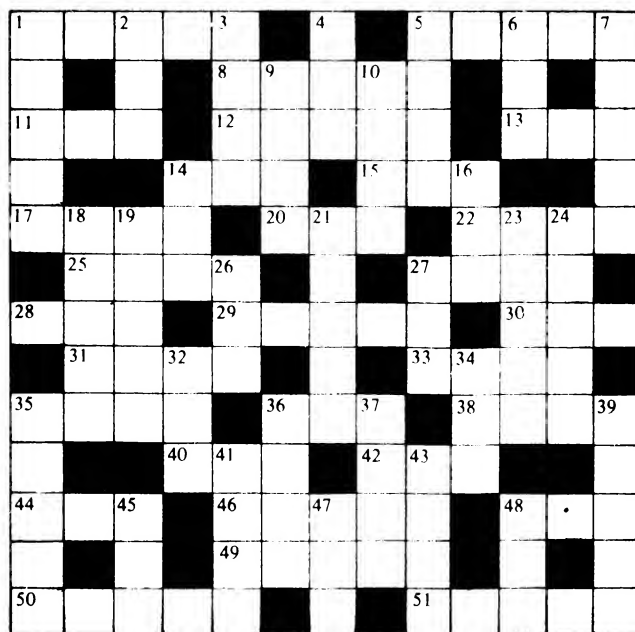
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# CRYPTIC GRASSWORD

by M. Riley, Newborough, Victoria.



- Across
1. Take-over row between banks.
  5. Place for the dead serious.
  8. Entertain a goddess.
  11. Wave at departure.
  12. Capital person.
  13. & 36 down. Water tower (3-4).
  14. Fuss when adored loses colour.
  15. Permit to rent.
  17. High tea for all.
  20. Born in need.
  22. Lied about? No, lies about!
  25. Principle measure.
  27. Corrupted pure country.
  28. Car going round bend.
  29. Chosen eel tangled with it.
  30. Figure A1 left alone.
  31. Utter examination.
  33. Stepped on when called.
  35. If pitcher were confused.
  36. To close lid is half the battle.
  38. Observes spies.
  40. Figure it would be inside.
  42. Dined in state.
  44. Rose early to get away from budget.
  46. Wireless aid or different arrangement.
  48. Pitch on target.
  49. It lay in state.
  50. Not left in Brighton.
  51. Deadlock in fiscal proceedings.

- Down
1. Fast ships.
  2. Protects heart of tribe.
  3. Reverse dray three feet.
  4. Total amount of consumption.
  5. Generally found inside cells.
  6. Content to play.
  7. It flies inside a gleam.
  9. A light from above.
  10. Auction in Charlie's ale house.
  14. Everybody in Ballarat.
  16. Draw clothing.
  18. Firewood in barrow.
  19. Cruel arrangement for profit.
  21. Plant in America.
  23. Idler sounds monotonous.
  24. Thrust nothing out of lounge.
  26. Heeler without her fish.
  27. For each in Esperanto.
  32. Painting from the heart.
  34. Employ another Sue.
  35. Dead heat.
  36. See 13 across.
  37. Follow suspect when bird leaves cocktail.
  39. Place for landing or take off.
  41. Order in writing.
  43. Playthings found in best oysters.
  45. Excavate in Bendigo.
  47. Every dog has one, but not at night.
  48. Drink and eat differently.


*Solution on page 58.*



## KEEP YOURSELF IN HOT WATER

Hot water tanks should be flushed out regularly to prevent the buildup of corrosive sediment. If your tank has not been flushed for over five years, take care as flushing it out could expose a leak when sediment is removed. This is the procedure:

- Turn off the electricity at the mains.
- Use all the hot water until the tank is completely empty.
- Close the pipe that feeds water into the tank.
- Open a few hot water taps on the same floor level or the one above. This introduces air into the tank.
- Open the drain at the bottom of the tank 1-2 turns clockwise, and using a garden hose collect the water in buckets for disposal.
- When the tank is completely empty open the cold water inlet for 30 seconds to flush away any loose sediment.
- Drain the tank again.
- Repeat the last two processes until the water draining through is clear.
- Close the drain and open the feeder pipe to allow the tank to fill up.
- Turn off the hot water taps when water starts running through them.
- Turn the mains switch on.



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# New Varieties for Summer Sowing

Much of your planting will be completed by now, before the greatest heat of summer, but there are several types of seed that can be added to your vegetable garden in the coming months provided that you take reasonable care of them during their early growth. From the moment they start to germinate, seedlings are at risk from many creatures, so take steps to protect them. Keep dogs and cats away from the seedlings with netting or black cotton fences. Treat for insect pests at the first sign of their presence. If an early unseasonal frost is predicted cover the seedlings temporarily with polythene or newspaper.

## VEGETABLES

### Tomatoes

Kings Seeds have a deliciously sweet tomato called Gardeners Delight. These unique cherry tomatoes originate from Germany and bear fruit prolifically in long grape-like bunches. The vigorous vines can be trellised like grapes as an unusual garden showpiece.

### Chinese Vegetables

Thompson and Morgan have introduced a Chinese vegetable pack with four different seeds in each packet. Bok choy is also known as chard or Chinese greens and has crisp ice-white stems with fleshy leaves similar to spinach. Heung kunn or Chinese celery is easier and quicker to grow than Western celery and can be grown in indoor pots. Gow choy is also known as garlic chives — it has all the flavour of garlic without any of the after effects. Yuen sai or Chinese parsley has a zesty flavour that lingers on the tongue. It produces leaves that are more tender than Western parsley and is very easy to grow.

### Endive

Endive can be sown from January to September in rich, well drained soil. The bitter taste can be eliminated by blanching — tie the outer leaves around the inner ones. Broersen Seeds and Bulbs offers a variety called Batavian Full Hearted whose green curly leaves add an attractive touch to salads and garnishes.

### Broccoli

Broccoli is sown mid to late summer, and two unusual varieties we found should whet the appetite of any cook. The New Gippsland Seed Farm offers a purple broccoli, and Thompson and Morgan are introducing a floccoli — a cross between a broccoli and a cauliflower. The plants grow like broccoli and produce a firm cauliflower head that tastes just like broccoli.

### Kohl Rabi

Kohl rabi is a member of the cabbage family with a mild turnip flavour. Roots should be eaten when they are 5-5.5 cm (1½-2 in) as larger ones become tough. Broersen Seeds and Bulbs sells Purple Globe, which is purple skinned with greenish-white flesh. Kohl rabi should be sown in spring to late summer.

### Brussels Sprouts

Both the New Gippsland Seed Farm and Kings Seeds offer a red Brussels sprout. This should delight any cook who likes gourmet surprises, as the red outer leaves make an unusual garnish and the colour is retained throughout cooking.

## EXOTIC FRUITS

December and January are the ideal months to sow exotic fruits as the night temperatures are higher. Diggers seed catalogue offers a delicious array of fruits and two that caught our eye were the tree tomato and the feijoa. The feijoa or pineapple guava (*Feijoa* or *Acca sellowiana*) is a perennial evergreen tree that grows to 6 m (20 ft) and it is worth growing for the flowers and foliage alone. The fruit is sweet and tastes rather like a pineapple crossed with a guava, hence the name. The tamarillo or tree tomato (*Cyphomandra betacea*) grows to 3 m (10 ft), bears fruit only 20 months after sowing and will continue to produce for up to eight years. It will even bear fruit indoors. The tree tomato prefers a sunny spot protected from heavy frost and strong winds.



Feijoa fruit reaches maturity between mid-April and late May, depending on the particular variety. Mature fruit fall to the ground so it is best to pick fruit as they mature, before they fall.

### Suppliers

New Gippsland Seed Farm, Queens Road, Silvan 3795. Ph: 03-737-9560.

Kings Seeds, PO Box 14, Glenbrook 2773.

Thompson and Morgan, PO Box 50, Jannali 2226. Ph: 02-533-3693.

Broersen Seeds and Bulbs, 365-367 Monbulk Road, Silvan 3795. Ph: 03-737-9202.

Diggers Seeds, 105 Latrobe Parade, Dromana 3936. Ph: 059-871-877.

If you know of any other suppliers of seeds, especially by mail order, please send details so that we can include them in future listings.

To find yourself, think for yourself.

Socrates

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# Poetry

*As I sit and gaze in sadness  
Holding my son on my knee  
I wonder what the future holds  
For mankind, my son and me.  
I see people rushing blindly past  
So confused they all seem to me  
Their minds so full of guilt and fear  
Yet their hearts all screaming to be free.*

*I know the answer to this life  
For God has given it to me  
It is very simple really  
To set your hearts free.*

*First we must take a good look at ourselves.  
Please be honest if you can  
Do you see yourself as an imposter  
Or as a kind and honest man?  
If you have false pride and ego  
Destroy it now, while you can.  
If it is allowed to grow and to multiply  
It will surely destroy you as a man.*

*If you feel guilt and resentment  
Understand it as you should  
If you wish to have a better life  
Then replace all bad with good.  
If you want more love and more happiness  
Then be prepared to walk the extra mile  
When you find a person who has achieved it all  
You will see it in their smile.*

*Trevor Wilson.*

## SOUNDS OF LIFE

*The pitter patter of the  
raindrops on the rooftop  
is accompanied by the gentle  
melody of sparrows  
singing in the treetops.  
The laughter and shrill voices  
of children making playing  
noises  
echo through the house.  
A plane roars through the sky.  
The rotary noise of a humdrum  
bike passes outside.  
As it fades a rooster crows its  
morning song.  
A swing creaks in tune to the  
sound orchestra  
of everyday life  
here on Route 6:  
a hammer knocking on a door  
that is being fixed;  
The call of someone's voice;  
the start of an engine motor;  
and the birds keep on singing  
in tune  
with the pitter patter of the  
raindrops on the rooftop.*

*Francoise Chanovre.*

*Through the lens seeing space  
Light splattered black, God's face  
Silver cocoon of steel and tin  
Exploring the far reaches of skin  
A billion light years we've flown  
Just one of millions, we're not alone.*

*W. White*

## STRANGER

*As I walk among the bustle,  
with a mind that is not used to bustle,  
I stop,  
then find the park,  
the sanctuary.*

*The bustle  
still penetrates the park,  
in the form of noise and other vibrations.*

*A man,  
torn jeans and unkempt hair,  
looks at me as another city person,  
in an indifferent way.*

*The man  
befriends an injured bird,  
which, apparently unflustered,  
sits on his knee  
as he contentedly looks on,  
and I leave the sanctuary refreshed,  
with a smile behind my face.*

*Tim Phillips.*

## SUNRISE

*Rays of a golden morning sun  
Reflecting the crystal dew,  
A rainbow prism goes dancing,  
Mirrors shades of every hue.  
To cast elongated shadows  
Down between the passive leaves,  
Silent approach to morning  
As the feathered patterns weave.  
Slowly climbing, ever upwards,  
Burnished gold in a fiery orb,  
Sun in motion, polished splendour  
Likened to a magic sword.*

*Jean Opperman.*



### CHANGE OF SEASON

Intense heat of summer sun  
Joy of approaching autumn.  
Glory of morning  
Red sunrise turns to pink,  
Against a grey clouded sky.  
Heavy dew on the grass,  
Cool fresh air,  
Makes one's body tingle.  
Fog rises in the valley,  
from the warm ground  
Green trees stand out against the fog.  
The air is tinged with the perfume of white gardenia,  
and soft fragrance of night scented stock,  
Mathiola.

A day greeted when you feel,  
All is well in Nature's world.

Pauline Wilson.

### SATURDAY MORNING —

#### SUNSHINE, (MELBOURNE)

The wind is hot  
His breath, startles on the skin  
Evokes some desert memory  
Of wind they call sirocco  
Exacts due homage  
From the withered grass  
The desiccated tree  
Blows on windows  
Resolutely shut to dust  
Ripples awnings on their frames  
Clashes wire mesh doors  
Percussion of our discontent  
He whistles  
Through the burrow in the yard  
Where snakes once shed their skins  
Their empty eggshells  
Testament  
To dangerous fertility —  
While I still dream  
Of green  
And home.

Rae A. Williams.

### ENCOUNTER

I like to smile  
I like you  
to smile back  
at me, but I am not  
a clown.

I like to laugh,  
I want you  
laughing  
with me,  
please,  
not condescending.

That is no smile  
that only  
shapes the lips  
but doesn't reach  
the eyes.

I'd rather you  
pass me by  
and let me live  
in my world,  
I do not care  
for yours.

Maria Stephens.

### PIONEER WOMAN

Pioneer woman by the lamp  
Stitching, darning; outside, the damp  
Smoke swirls, mists, against the pug wall;  
She shifts her gaze, tightens the shawl.

Glow from the fire, shows a pale face  
Lines etched now where once there was lace  
Hair that once sparkled now grows grey  
Her feet have had their dancing day.

She opens out her work-worn hands,  
And dreams about a distant land;  
A land where freshest water flows,  
And heat and dust and flies aren't foes.

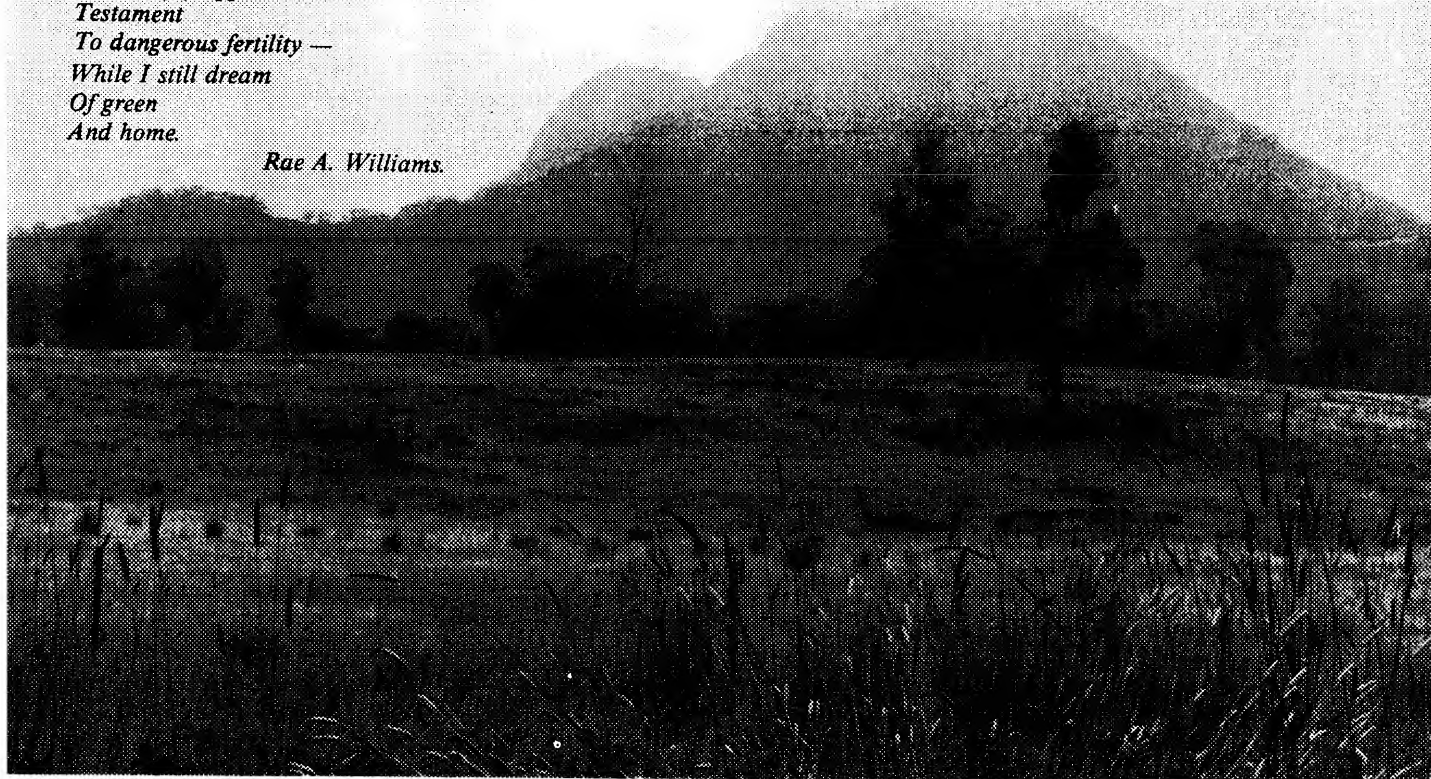
A child stirring in the still night  
Mother watches; in the dim light  
Thinks of babies who caught a chill;  
This wretched land, she hates it still.

Pioneer woman by the lamp  
Stitching, darning, getting the cramp;  
I sit in comfort, think of you,  
Bow my head and give praise that's due.  
Mary Gee.

### PARADISE

As I stare across the sun kissed crop  
I welcome the sun.  
Radiant veils of sunshine  
Weep dreamily to kiss Mother Earth.  
Her loving arms caress  
She gathers all,  
Truly this is Paradise.

Debi Abberton.



# Kids Pages

## Gifts For Everyone

by Robyn Janetzki.

After reading about all the low cost presents to make last Christmas I thought I would tell you about what we used to do. As children (myself and four brothers) we shared a traditional family Christmas, and spent Christmas Eve travelling to all our nearby cousins' houses, going to church and finishing at Grandma and Grandpa's house. It was a wonderful time of love and sharing, and every year we made presents for our family — cousins, aunts, uncles and grandparents, and there are a lot of them.

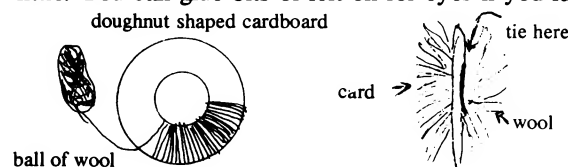
My mum encouraged such creativity in us and sometimes had to really rack her brains to think of new things for five children to make each year. I remember my brother Des crying one year because he couldn't think of anything to make. In desperation Mum suggested rock painting, and to this day we have aunts and uncles with flash houses and offices and Des's painted rocks as doorstops and paperweights. I remember them all saying they loved our gifts because you never knew what would turn up! The gift itself becomes so much more valuable from the loving thoughts put into it. Anyway I hope you find the ideas useful and you enjoy making things as much as we did. Here are some of Mum's suggestions.

- As I said, collect rocks and paint them brightly for doorstops, paperweights and even bookends if they are a suitable shape.
- For those who like to sew, make teatowels, hankies and pillowcases out of cheap fabric, and paint or embroider a name or motif on them.
- I made doileys one year and decorated them with simple cross stitch patterns.
- Stick shells onto tins with window putty, or wind coloured wool around tins or bottles and glue into place to make plant pots or pencil or utensil holders.
- Press flowers between sheets of newspaper under a heavy book, changing the paper often until the flowers are dry. Using the pressings you can make cards or gift boxes by folding cardpaper accordingly and glueing the flowers on. Bookmarks can be made by sticking the flowers in between two sheets of clear contact.
- Make teapot stands by glueing small coloured tiles onto a square piece of wood.
- Milk jug covers can be made out of tulle or mosquito netting by hemming squares of netting and crocheting heavy beads on. I couldn't crochet then, so I just sewed them on with

coloured thread so the beads hung down.



- Collect shells, gumnuts, beads and driftwood and make them into mobiles that all grandmas will love.
- Glue icy-pole sticks to tins and varnish for useful (or useless!!) containers. We also made baskets with icy-pole sticks by glueing them onto a square or rectangular board, placing 2 sticks on the opposing sides at a time, and building up to the height you want. Let them dry and varnish.
- Pompoms are easy to make. Cut a doughnut shaped piece of stiff cardboard and wind wool through the middle and around the outside until the hole is full. Then cut the wool in half along the outer edge of the cardboard, slip a bit of wool around the middle, close to the card, and tie it really tight. Tear the cardboard off and presto — one pompom. They can decorate hats, coats, tea cosies or you can plait legs and make it into a spider or octopus — a nice soft present for someone, little. You can glue bits of felt on for eyes if you fancy.



- Another fun thing to make is a face mask. Blow up a balloon to the approximate size of your head and shred up lots of newspaper. Make up a paste of flour, water and lots of salt to use as glue, and dip the newspaper in it and place on one side of the balloon. You need a fairly thick layer all over to make it strong, and gradually build up layers of paper for the nose and chin, or beak if you want to make a bird's mask. When you are finished (it will probably take you a few days) let it dry really well and then paint it and allow to dry again. Make 2 holes near your ears for elastic to hold it on and you have a mask for any occasion. Little brothers and sisters love these.

Well, that's all I can think of for now. I guess we were lucky to grow up with an inventive mother, and an endless supply of bits of wood from our wood carving Grandpa. My childhood has given me many valuable memories. So, have fun, and all the best for Christmas!



# Christmas Wall Hanging

by Sylvia Stonehouse, Rockingham, WA.

This hanging is very simple to make and would be a great gift for Mum and Dad, grandparents or a favourite aunt and uncle. Handy for birthday presents too — it looks good all year round.

You will need:

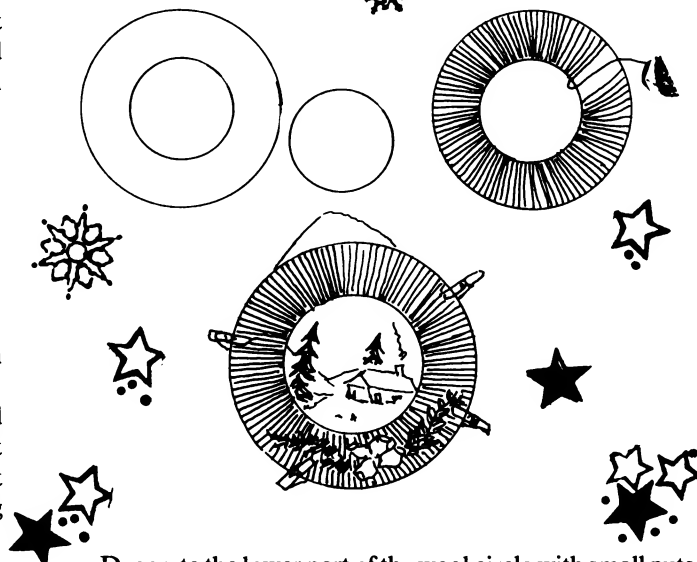
- 2 paper plates the same size
- bright coloured wool
- pretty picture
- cord or wool for hanging
- glitter, nuts, grass heads and leaves for decoration
- scissors, glue, pegs

Neatly cut the centre out of one paper plate and keep both pieces.

Wrap the ring section of the cut plate carefully with coloured wool, making sure to cover the whole of the plate so none of it shows. You can do it all one colour or use lots of bright coloured scraps for a rainbow effect. When you finish winding each piece glue the ends in place so they won't unwind.

Cut a pretty picture from a magazine, gift wrap or card, and glue it to the centre piece of the cut plate. Trim the edges and, if you want, add a few dabs of glitter to brighten it up — not too much!

Glue this piece to the centre of the other paper plate. Glue the hanging cord or wool to the top of the second plate and then glue the wool wrapped ring over the top so that it frames the picture. Use pegs to hold the two plates together until the glue dries.



Decorate the lower part of the wool circle with small nuts, grass heads or leaves — anything you can find outside. Attach them carefully with small dabs of glue, making sure not to get any extra glue on the wool. Tweezers, toothpicks or pins will help to hold the smaller pieces in place while you're glueing them.

To finish, add a few dabs of glitter to the decoration.

Now it's ready for you to write your special greeting on the back, so that it's a Christmas card and present all in one.



## ☆ Celebrating Christmas ☆

Christmas is one of the most exciting times of the year — reunions with cousins, aunts and uncles and grandparents, making gingerbread men, fruit cakes, the pudding and other special fare, getting out the decorations and finding all sorts of treasures you'd forgotten about, collecting and setting up the tree, hanging up the pillow case or stocking on Christmas Eve, and finally the visit from Santa Claus and the reindeer. But did you know that children in other countries of the world celebrate differently to you?

In Holland December 5 is known as Sinterklaas Eve (if you say Sinterklaas quickly you will end up saying Santa Claus!) and this is when the patron saint of Amsterdam, St Nicholas and his helper Black Peter ride across the roof tops and distribute presents to good children. St Nicholas spends the year recording the behaviour of children in his big book.

In Spain Christmas Eve is a day of devotion followed by a large meal after Midnight Mass, but at the Epiphany (January 6) the children fill their shoes with straw and put them out on the balconies so the tired camels of the three kings can exchange the straw for presents.

In Czechoslovakia, where King Wenceslas lived in the tenth century and was a good and kindly monarch, Christmas is a quiet religious festival. After a day of fasting the family sit down for a meal of baked fish for Christmas dinner.

Italian children also receive their presents on the Feast of Epiphany — from an old witch whose name came from a child's attempt to pronounce the word Epiphania. La Befana, as she is called, is ugly but kind and is said nowadays to fly from house to house on her broomstick and slide down the chimney to fill the stockings of good children with presents and those of bad children with coal.

Depending on what part of France they live in French children may receive presents from Pere Noel (Santa Claus), St Nicholas or the Christkindl angel. Children who live near the German border or in Germany are visited by the Christkindl angel, a messenger who appears on behalf of the Christ Child. She enters through an open window and announces her visit with a silver bell.

Perhaps you would like to write in and tell us about your Christmas customs, about how you celebrate Christmas. Although the presents and family parties are great fun don't forget to remind your parents about the original Christmas story, and how the birth of the baby Christ was the sign for peace to be enjoyed by all people.

Our regular features — Sunshine's letter, your letters, poems, book review and a yummy recipe — will be back as usual next issue, so don't forget to send your contributions in. Sunshine sends Christmas wishes to you all.





# AN ALTERNATIVE GUIDE TO CHRISTMAS EATING

by Effie Wood, Anglesea, Vic.



I often wonder how many people there are like me who don't go along with the traditional stuff at Christmas. When I think back, we have been having non-Christmas Christmases for a few years now. Our first one was as a result of the realisation that thousands and thousands of birds and livestock have to give up their lives for one day in the name of tradition and gluttony. So one year we did our own silent protest at the 'ratrace' interpretation of Christmas and sat under a gum tree on the billabong, watched the beautiful water birds and ate nothing but fresh apricots off our tree. We felt pretty hungry at the end of the day, but morally uplifted . . .

The following year we discovered we would be having company for Christmas, but I resolved to be brave and, whilst I could not see them sitting under the trees alternately nude bathing and eating apricots, I decided not to compromise my principles and cooked up a vegetarian storm! This set me wondering why we follow such stolid British traditions (in sweltering heat and all) when Australia has such a cosmopolitan society; why not draw on the rich and varied cultures for inspiration in our culinary delights? Thus I felt I was really encompassing the true spirit of Christmas: peace on earth and goodwill to *all* creatures. I have yet to produce some bush tucker for a dinkum Aussie Christmas, but I'm working on it!

So, shrugging off the legacy of Imperial eccentricity, I have decided to share some recipes for a Christmas full of health and vitality. They are nicely healthy without being too fanatical and although vegetarian are not dripping in melted cheese or fats. I don't use cows' milk at all because of allergy problems, and you can substitute margarine for butter if you have total allergy to dairy products. The following is my alternative guide to Christmas eating. Your family and friends will experience something they never have before — a Christmas day without bloat or tiredness, queues for the loo, and arguments over who will do the washing up!

## CHRISTMAS RECIPES

The following recipes are influenced by summer temperatures, with the emphasis on freshness and crispness. I suggest that you serve everything banquet style i.e. all the dishes on the table and each person can help themselves. This eliminates the stress of 'dishing up' that accompanies traditional hot dinners, plus the wonderfully colourful array of all the different dishes is a terrific start to digestion. To start with, some lovely fruit recipes. Australia has such an abundance of fresh fruit, that I can't imagine anything better than to start a meal with the Fresh Fruit Cocktail, followed by the Exotic Fruit Salad. All quantities are to serve six.

### Fresh Fruit Cocktail

- juice of 12 oranges
- 1 punnet ripe strawberries
- 3-4 soft peaches, chopped

Blend orange juice, strawberries and peaches in blender on low setting till liquified. (There will still be some nice chunky pieces.) You may have to do half quantity at a time depending on the size of the blender. Chill before serving. Pour into glasses and garnish with kiwi fruit slices or other fruit of your choice.

### Exotic Fruit Salad

Cut up any fruit that is in season or abundant (no tins please) e.g. grapes, pineapple, apricots, peaches, mangoes, pawpaw, raspberries, blackberries — the list is endless. The fruit will make lots of lovely juice in the bowl. Garnish with edible flowers such as borage, pineapple sage, violets and marigold petals.

### Nutty Spinach Salad

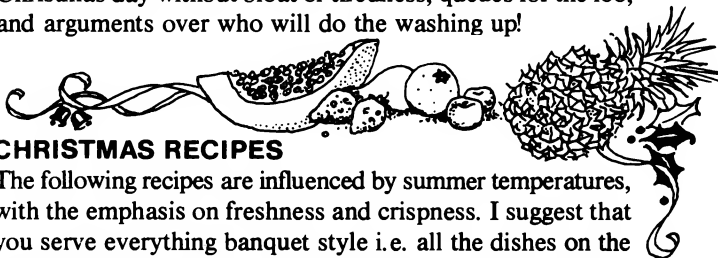
- 2 cups finely shredded spinach  
or silver beet, very fresh and crisp
- 2 cups shredded lettuce
- 1 large or 2 small carrots, grated
- 1 small red capsicum, chopped
- 1 clove garlic, crushed
- ½ cup sunflower seeds
- ½ cup pine nuts
- ½ cup chopped cashews
- ¼ cup sesame seeds
- handful of French sorrel (optional)
- 2 tsp cold pressed vegetable oil
- 2 tsp lemon juice or pure apple cider vinegar

Toss all ingredients except cashews. Just before serving add cashews and garnish with nasturtium leaves and flowers, and marigold petals which will complement the beautiful reds and greens in the bowl.

### Moreish Nori Salad

- 1 cos lettuce broken into bite size pieces
- ½ cucumber, sliced
- ½ cup chopped chives or garlic chives
- ½ cup chopped parsley
- chopped dandelion leaves, sorrel leaves (optional)
- 3 slices stale bread
- 1 cup sliced button mushrooms
- 3 cloves garlic crushed
- 1 cup alfalfa sprouts
- 2 sheets nori seaweed (available from health food shops and oriental delicatessens)
- little butter and oil for croutons
- 2 tsp cold pressed vegetable oil
- ½ cup lemon juice

Make croutons first. Cut bread into cubes. Heat pan with the oil and butter and gently cook garlic. Remove garlic and set aside. Fry croutons in the same pan till crisp and golden. Cool and drain. Toast nori sheets (unless pretoasted) over gas flame or element on stove for 3-4 seconds each side, till they turn from black to green, and then crumble up with fingers. Toss all other ingredients in the oil and lemon juice and when



ready to serve sprinkle crumbled nori over top of salad.

### Steamed Vegie Combo

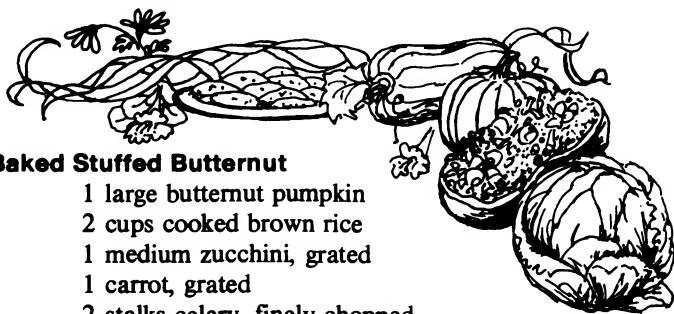
- 3-4 large potatoes, cut up
- 1/8 of an average sized pumpkin, cut up
- 2 large carrots, diced or sliced
- 1 head broccoli, cut into florets
- 1/4 cup sesame seeds
- dash low salt tamari
- 2 tsp pure cold pressed vegetable oil
- knob butter

Steam vegetables in steamer in this order from the bottom up: carrots, then potatoes, then pumpkin. Steam so they are just cooked and not too squashy. Broccoli will only need 2-3 minutes, on the top. When cooked toss all together in a serving bowl with rest of ingredients and sprinkle sesame seeds on top. Serve hot.

### Delicious Cabbage

- 1/2 large red cabbage (or 1 small), shredded
- 1/2 onion, finely chopped
- 2 cloves garlic, crushed
- 1/2 tsp garam masala (Indian spice)
- 1/2 tsp ground ginger
- 1/3 cup sesame seeds
- 3 tsp cold pressed vegetable oil
- 4 tsp lemon juice or cider vinegar

Place all ingredients except sesame seeds, oil and lemon in heavy based pot with about 1/4 cup water and knob of butter. Place lid on tightly and cook for a few minutes, till cabbage is just tender. Don't overcook. Place in serving dish and toss with the sesame seeds, oil and lemon or cider vinegar. Watch it turn from dull purple to warm red. Serve warm.



### Baked Stuffed Butternut

- 1 large butternut pumpkin
- 2 cups cooked brown rice
- 1 medium zucchini, grated
- 1 carrot, grated
- 2 stalks celery, finely chopped
- 1 large onion, finely chopped
- 3 cloves garlic
- 1/2 red or green pepper, chopped
- 1 tsp low salt tamari or shoyu sauce
- 1/2 tsp each ginger, cumin and coriander powder
- pinch chilli powder
- 1/2 cup pine nuts

Cut pumpkin in half lengthwise and scoop out pulp leaving about 2 cm (1 in) all around. Mix stuffing ingredients together and fill pumpkin shells. Place side by side on greased baking tray and cover with foil to seal in heat and flavours. Bake in moderate oven 1-1 1/2 hours until pumpkin flesh is soft when tested. This is even better if cooked beforehand and then just reheated on the day. To serve, cut slices as desired across the pumpkin and arrange on serving plate with basil tomato sauce on top. Garnish with freshly chopped parsley.

### Tomato Basil Sauce:

- 6-8 ripe tomatoes, scalded and skinned
- 2 large handfuls fresh basil, chopped
- 2 cloves garlic, crushed
- ground black pepper
- dash low salt tamari
- little butter

Puree tomatoes in blender or by hand. Lightly saute garlic in the butter till cooked. Add tomato puree and seasoning to pan just to warm up — do not cook the vitamins out. Just before serving add basil and mix through sauce.

### Sunflower Cookies

- 1 cup brown rice flour
- 1/2 cup soy flour
- 1 cup rolled oats
- 1/3 cup honey
- 1/2 cup desiccated coconut
- 1/3 cup sunflower seeds
- 1/3 cup cold pressed vegetable oil
- 1/3 cup melted butter
- sesame seeds for coating
- enough water to make a firm dough

Mix all together thoroughly and form into balls. Flatten slightly and coat with sesame seeds. Bake on greased tray at 190°C (375°F) for 10 minutes or until golden.

Happy Christmas everyone and good health to you all.

### HANDY HINT

Boots and shoes that have been hardened by water, can be made pliable again by wiping over with a cloth dipped in kerosene.

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# Word Play With Pencil and Paper

by Margaret Oag, Oakville, NSW.

*If it's one of those days when the sun's scorching down  
And the kids' constant nagging is making you frown  
And they say they are bored and ask what can they do  
Then show them these games — they're quiet and cheap too!  
You play them with pencil and paper, that's all  
With Fill-ins and Add Words they should have a ball.*

You will recognise many of these games although you may know them by other names. Even though we may recognise them doesn't mean they always readily come to mind and I thought this list of some might be useful for long holidays. They can be played alone or in groups and are suitable for children of many ages.

## ADD MIX

You have to work out a word for each of these clues, then put the words together to make another word. Example: a soft mess + parts of a house = fungi. Answer: mush + rooms = mushrooms. Now try these:

1. shape of a circle + a pen = enclosure
2. put on + used to open a lock = animal
3. small vegetable + a male chook = showy bird
4. what blows + a building making flour = water pump structure
5. vegetable + edible seeds = not worth much
6. a soft sticky mix of soil and water + a block used in building = alternative material
7. four legged animal + worn on the feet = good luck charm
8. soil + a small creature living in the ground = good for garden
9. a farm animal + outside covering of fruit = woolly coat
10. natural forest + burning = summer danger

## ALPHA

List words ending with the letter they begin with — as many as possible in a set time. Use T, P, D, R and G or each letter of the alphabet.

With T you could start: tent, tart, . . .

## ODD ONE OUT

Which is the odd one out? Why?

1. cocoon, bee, wasp, fly
2. foal, kid, chicken, duck
3. corn, rice, coffee, wheat
4. harvester, spade, tractor, baler
5. apple, pear, peach, orange
6. doe, mare, jack, ewe
7. ladder, tank, dam, bin
8. river, creek, dam, stream
9. herb, petal, leaf, stem
10. halter, girth, saddle, hose

## CROSSOVER

Choose a word of at least three letters. Write it down one side then backwards down another side. Find words to fill in the gaps between the letters. Score a point for each letter used, so the longer the word the higher the score.

Example:     H e                      N  
                 E w                      E  
                 N e i g                    H

Try these, then make up your own:  
cat, dam, horse, fence

## FILL-INS

Here are some words with their first and last letters as well as one in between. What are the full words? They are all to do with horses.

P \_ L \_ \_ \_ O     H \_ L \_ \_ R     R \_ I \_ S  
B \_ I \_ \_ E     S \_ \_ R \_ \_ P     M \_ RE  
M \_ NE     S \_ \_ D \_ E     S \_ \_ L \_ \_ N  
C \_ \_ T \_ R

Now choose another subject and make up words of your own for someone else to solve.

## GROUPS

Choose a word of three letters or more and print it across the page. This is the keyword. Leave room to write a word under each letter. Down the side list groups, usually five. One is partly done for you:

	F	A	R	M	E	R
Animals	fox		rabbit			
Flowers				marigold		
Names				Michael		
Towns					Eden	
Countries		Austria				

## HOW MANY?

Write as many words as you can beginning with a certain letter which are:

vegetables, birds, rivers, pop music groups . . .

## LISTS

List what you can see on your place *or* on a main street *or* in your room under the headings: WOOD, METAL, PAPER, FABRIC (material e.g. cotton).

## UNSCRAMBLE

These are to do with birds. Can you unscramble the letters?  
OLUPYRT UKCD RTYKU OSOEG RWOC  
LGA AH ODEV AELGE OOTRERS  
OOBAARRKKU

## BUILD UP

Choose a word to start the game e.g. a name, a pet. Spread the word out so you have room to write words under each letter. Then under each letter write firstly a two letter word, then a three letter word and so on. How long can you keep going?

e.g.     P                      I                      T  
           Pi                    In                    To  
           Pig                   Ink                   Top

## LADDERWORD

The idea is to change one word into another by changing one letter at a time.

e.g. WINE to FISH     WINE     WISE     WISH     FISH  
Try these: CAT to RAM, GOAT to FOAL, DAM to FIT, YARD to FARM.

## WORDS WITHIN WORDS

Choose a word e.g. SADDLEBAG and see how many words you can made from it (10 — good, 16 — very good, more than 20 — excellent!)

*Answers on page 61.*

# RUSTIC COFFEE TABLE

by George Lee, Devonport, Tas.

Here is a rough plan for a coffee table I built which has drawn a lot of favourable comment. It was made up out of a couple of old dressed boards that just happened to be near enough to the right length and width when joined together (figure 1). They were butt joined and glued, then a square stick was glued and screwed to the bottom for strength. The legs are dry forked sticks from nature's backyard — they must be bone dry or shrinkage will occur. Cut out tree limb as shown (figure 2) and attach with screws to base of table, having drilled slightly oversized holes in butt of limb.

The height is up to you — mine is about 50 cm (20 in). Once you've worked out a suitable height on one leg, run a length of string around all four legs at that height, then go round all four sides with a small bubble level. When you're sure it's level all round, mark position of string with an indelible pen. This will be your cutting line. This method worked admirably for me — either the table is level or the floor is out of plumb!

I used a coarse and a fine-toothed rasp around the edges for what I'd like to think of as a rustic effect. Later I tried an old-fashioned kero blow torch to burn out shallow patches on the top and legs for a more rugged texture. After cleaning off the ash with a wire brush, I went over the table top with black shoe polish and did the legs with brown, then wiped off the excess. The whole was then varnished to stop the shoe polish from rubbing off on clothes and keep the table top looking good. The finished article is solid, convenient, aesthetic and cheap!

Since making the coffee table I've almost completed a full dining suite using the same technique, although the chairs have proved a little more difficult and have occasioned the odd word of annoyance! I have found also that, cut to appropriate size, forked sticks make good gun racks and a three pronged one with a timbered top makes a great foot stool. Once you get started with this technique you'll find endless possibilities.

Fig. 1. Making the table top.

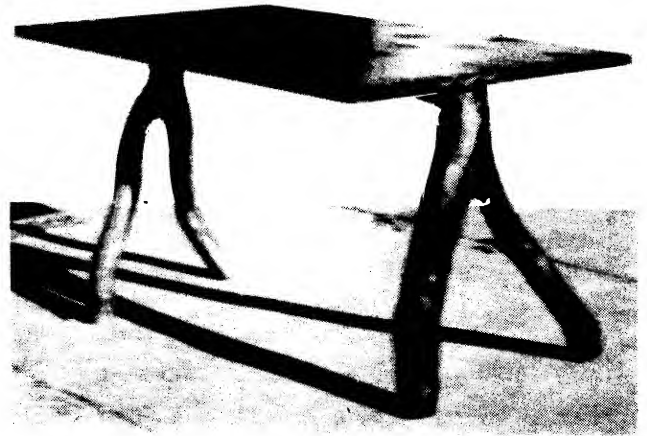
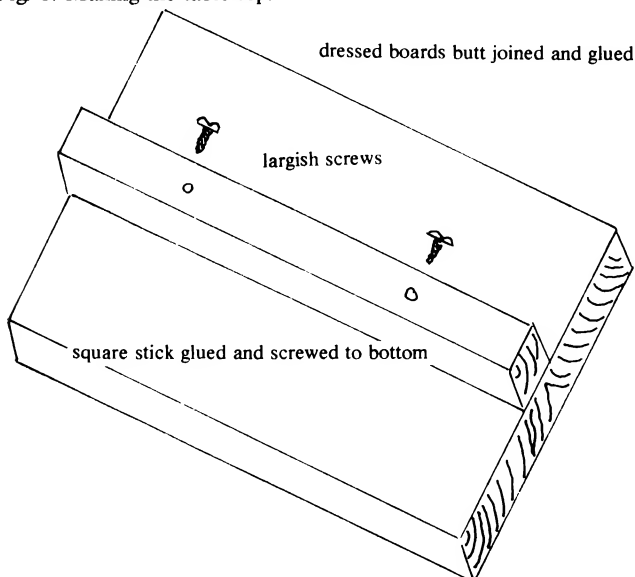


Fig. 2. Attaching the legs.

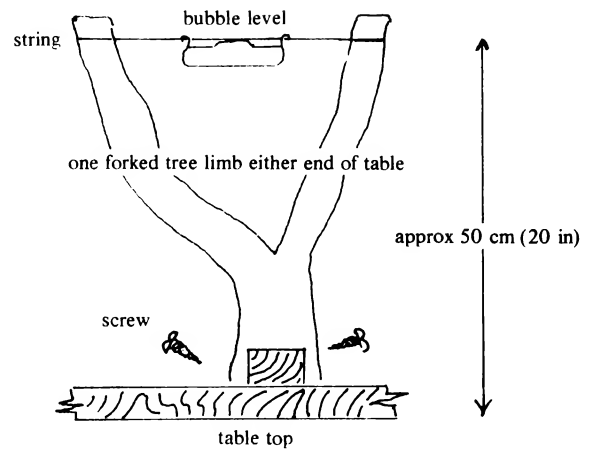
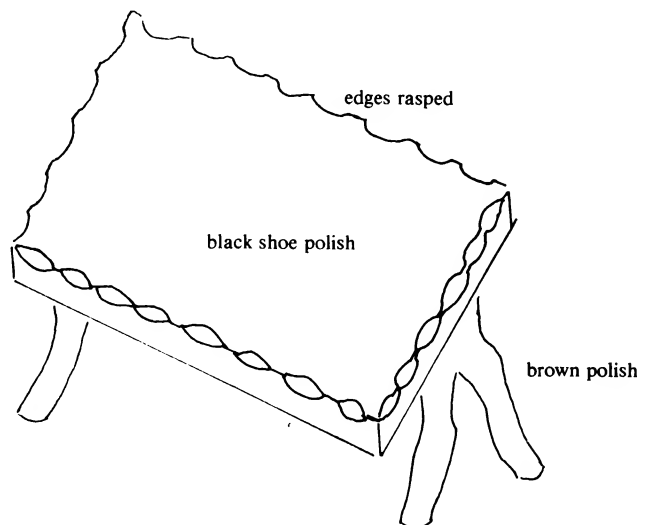


Fig. 3. Finishing the table.



# Pesticides and the Honey Bee

## CONCLUSION

by Brian Brett, Londonderry, NSW.

## POLLINATION

The honey bee is only one of many different insects that assist in the pollination of fruit, farm and seed crops. Those insects include wasps, bees and their allies (Hymenoptera), butterflies and moths (Lepidoptera), flies (Diptera) and beetles (Coleoptera). Comparatively few beetles visit flowers or live on a floral diet. They are mainly interested in the pollen, which they eat on the spot. Butterflies, moths and flies are attracted by the nectar alone. It is only the bees that are regular collectors of both nectar and pollen. They are wholly dependent on flowers for food for themselves and for their young.

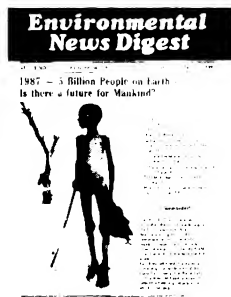
### MOST VALUABLE POLLINATOR

Honey bees are of greater value as pollinators than other members of the Hymenoptera family because they are active from early until late in the growing season. The whole colony survives the winter whereas with solitary bees and wasps it is only the queen that survives and it takes time for her to rear her brood and establish a colony in the spring. The constancy of the honey bee in working only one variety of flower on each trip from the hive is well known. A butterfly will flit gaily from one kind of flower to another but a honey bee does not behave in this way. In working a head or bunch of flowers the hive bee works in a thorough, methodical manner — more so than any other insect, including solitary bees. Its importance as a pollinator greatly exceeds its value as a honey producer, although this fact is not generally appreciated.

### POLLINATION IN URBAN AREAS

Fruit trees and vegetable crops in towns and built-up areas probably benefit most from the attentions of the hive bee, for the populations of wild insects are likely to be insufficient in these areas. In a state of nature a correct balance between flowers and insects is found but it is when man upsets this balance by clearing land and planting large orchards and paddocks that trouble starts and pollination difficulties arise. Fortunately these difficulties can be overcome by arranging for sufficient bees to be available at blossoming time to ensure adequate pollination, one of the first essentials for good crops. Commercial growers contract with beekeepers to provide bees at the correct time and for a sufficient period — the kiwi fruit industry is a good example; stone fruit, apples, strawberries, clover and vegetable seeds are others. It has been found that even the most self-fertile varieties produce much heavier crops when cross-pollinated by bees.

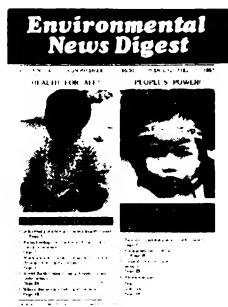
For the home gardener it is a simple matter to establish a beehive in a quiet corner if no other source of bees is available. The benefits in increased fruit and vegetable yields could be considerable and the bees can be a source of fascination in themselves. There is also the possibility of a bonus in the form of a honey crop. But beware, the use of powerful insecticides on flowering trees or plants can be as fatal to bees as to other less beneficial insects. Don't kill the goose that lays the golden egg!



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# The She-bolt

by Tom Richards, Neerim South, Vic.

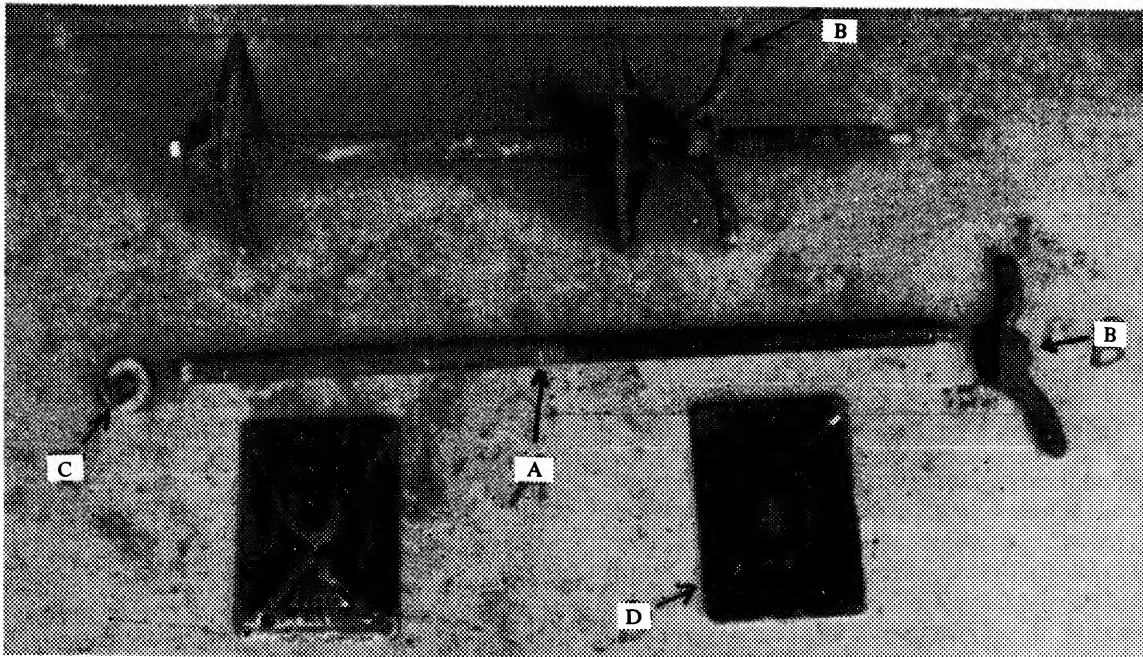
I was using some she-bolts in my concrete dam when Roger made a visit and as he did not know of them I then thought that really no self-sufficient person should remain ignorant of such a useful tool as a she-bolt.

It is used to hold concrete formwork in place, especially in walls. It completely replaces external braces or struts and its most common usage is in pairs, as shown in photo 2 below where two bolts are joined by a double male tie bolt. When used in a wall the concrete presses the formwork outwards and this is resisted by the formwork supported by uprights of heavy timber or steel. These can be about 75-100 cm (2-3 ft) apart. The two she-bolts hold the wall together whilst the

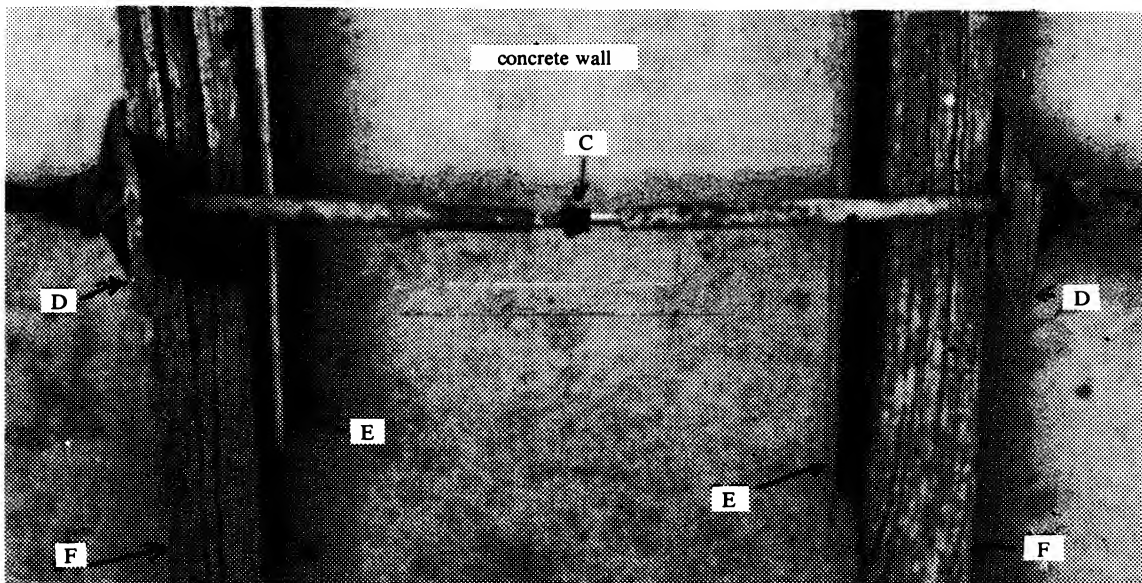
concrete is wet. The only other support needed is a couple of props to hold the whole formwork vertically.

In some cases the male tie-bolt can be welded to internal steel which is being encased in the concrete and then the she-bolt only holds the one side of the form in place. This is useful when the other side of the wall is excavated ground or rock.

In my dam where concrete was mixed by hand, we used 15 cm (6 in) lifts on the 15 cm (6 in) thick wall and only used 15 cm (6 in) wide planks. Here I used a single she bolt passing right through the concrete to a male bolt on the other side with a bearing plate. The photos are easier to understand than a written explanation! (See next page.)



The bolt components shown assembled and separated.



Bolts in position to support timber framing.

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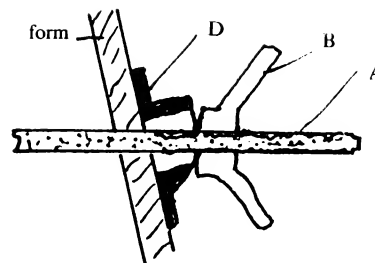
## IRRADIATED HERBS

Even if you buy herbs produced in areas of the world not affected by fallout from Chernobyl, they may still have been subjected to radiation. Local manufacturers admit that large quantities of US-irradiated herbs and spices are being brought into eastern Australia — in direct contravention of state food laws. Not only do these shipments ignore the restrictions on the importing of irradiated foodstuffs but they also evade Customs detection and health inspection by failing to display any 'irradiated' label.

There are no US government regulations allowing this radiation treatment, and no indication of the level of irradiation is given on the packaging by the parent company. Once in Australia, the herbs and spices are repackaged by the local subsidiaries of the US companies, again without any labelling to show that they have been irradiated.

No Australian grown herbs and spices are irradiated. Various forms of steam processing destroy any insect contamination and ensure product quality. Other recently developed food treatment methods are cheaper and even more ecologically sound. However, some pharmaceutical products which would be classified as food are in fact irradiated in Australia. These include most medicinal capsules and the rice hulls used as fillers for some types of pills. This is despite NSW, QLD and SA food laws stating that no food is to be irradiated. There is no indication on the labels of these products that they have been treated in this way so the public has no way of knowing.

Information on *Irradiation — How Safe is the Food to Eat* appeared in GR 65, page 70.



A — The she-bolt can be 15-45 cm (6-18 in) long. The left hand end is a tube, smooth on the outside and slightly tapered to the end where it has an internal 0.4 cm ( $\frac{3}{8}$  in) diameter thread. The taper is to allow easier withdrawal of the bolt from the concrete. The righthand end has an external 0.6 cm ( $\frac{3}{8}$  in) coarse thread. The extreme righthand end is of rectangular shape to allow use of a spanner to hold or turn the bolt to loosen it in the concrete, and also to unscrew it from the male tie bolt. (You can also give it a thump with a hammer without damaging the external thread.)

B — The hand tightened butterfly nut which fits the external thread on the bolt has an external scraper to clear the thread of concrete debris. Apart from applying pressure to the bearing plate and tightening the form into shape this nut can also be tightened against the form after the concrete is poured to withdraw the bolt from the set concrete.

C — The male tie-bolt has a 0.4 cm ( $\frac{3}{8}$  in) thread to fit the tube of the she-bolt. The centre of this tie-bolt is deformed so that when the concrete sets, the tie is held firm whilst the she-bolt is unscrewed. Such ties are manufactured and deformed but I use two 0.4 cm ( $\frac{3}{8}$  in) bolts of differing lengths (depending on the thickness of the wall) and weld these bolts together at their heads thus achieving the required deformation. Sometimes (as on my dam) a single bolt is used with a washer against the bearing plate.

D — The bearing plate spreads the load from the butterfly nut B and the formwork or wale. This plate is cast steel about 10 x 7 cm (4 x 3 in) with a hole 2 x 2.5 cm ( $\frac{3}{4}$  x 1 in) in the centre and with a raised edge around the hole. The elongation of the hole plus the shape of the raised edge being flat in the centre but with a rounded shape towards one end of the elongation allows the butterfly nut to tighten on the bearing plate when building a sloping or tapered wall, as shown in the sketch above.

E and F — Angle iron and timber uprights (wales) are held in place by the assembled bolts.

Reprinted from the newsletter of the Gippsland Self-Sufficiency and Conservation Group, April 1988, C/- RSD 116, McKenzies Rd, Neerim South 3831.

## Handy Hint

• To prevent mildew from forming inside the refrigerator, wipe down with a cloth that has been soaked in a little vinegar.

## COURSES

### CORRESPONDENCE STUDY SELF

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all aspects of the production, storage and use of food; vegetables, fruit, berries, nuts, milk, cheese, eggs, bread making, preserves, drying etc.

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# WHEN IS IT READY TO HARVEST?

You've planted all the seeds you saved from last season, carefully nurtured the growing plants and protected them from predatory pests. Your garden is overflowing with succulent vegetables and fruit. But do you know when to harvest them for maximum flavour and food value?

## CHOOSE THE RIGHT TIME

Some crops can be picked at any time and will produce continuously through the whole season. Others must be gathered at just the right time — too early and they lack flavour, too late and they become tough and woody.

### Harvesting

**Artichokes (Globe)** Cut flower buds before bracts open and harden.

**Artichokes (Jerusalem)** Cut off flower buds for better yield. Dig tubers as needed when stems die.

**Asparagus peas** When 25 mm (1 in) long. Longer are coarse and tasteless.

**Asparagus spears** When 15-20 cm (6-8 in) tall. Bigger are too tough.

**Beans (bush and climbing)** When pod is well filled, before individual seeds show as bulges. Should easily snap in half.

**Beans (to dry for winter eating)** Anytime before winter frosts.

**Beetroot (red beet)** Anytime before maturity. Mature roots are coarse, leaves taste like silver beet.

**Borecole (a loose leaf cabbage)** Pick outside leaves progressively like spinach.

**Broad beans** Pick pods when young and cook whole, or leave them to fill and shell half-ripe seeds.

**Broccoli** Before heads begin to loosen. Do not allow flowers to open before cutting. Flowers grow quickly in heat.

**Brussels sprouts** When firm. They mature from the bottom upwards. A frost improves flavour and firmness.

**Cabbages** When hearts are solid. Hybrid strains do not run quickly to seed.

**Cantaloupes** When stem separates easily.

**Cape gooseberries** When shells are dry and brittle. Self seed.

**Capsicums (sweet peppers)** Any size. Red ones are up to 10 times richer in vitamin C.

**Carrots** Anytime before flower stalks develop. Use tops in soups, stews. 'Zino' cultivar is superb. Heavy frosts decrease flavour.

**Cauliflowers** Before heads begin to loosen. Protect developing curds from hot sun with central leaves. The miniature cultivars mature in half the time of large varieties.

**Celeriac (turnip rooted celery)** Anytime. Use tops as green celery. Grate tuberous roots for salads, soups, stews.

**Celery** Anytime. Pick outside stalks progressively. Frost improves flavour.

**Celtuce** Eat young leaves raw. Cook older leaves as spinach.

**Chicory (whitloof)** The asparagus chicory is grown for its delicious green leaves. Can be cut several times a year.

**Chilli peppers** Any size.

**Chives (onion)** Anytime. Prevent flowering for continuous crops.

**Chives (Siberian)** Anytime. They do not produce flowers.

**Chokos** Pick when lime green and 5-7 cm (2-3 in) long. Mature ones are coarse.

**Corn (sweet)** When silks turn brown. (Dry matted silks indicate over ripeness.) Sweet sugars turn to starch from one hour after harvest. Blanch and freeze to avoid this.

**Cucumbers** At immature stage before seeds develop fully.

**Eggplants (aubergines)** Before seeds are well developed. Look for dark coloured skins with high sheen.

**Florence fennel** Anytime before maturity.

**Kohl rabi** When the size of a tennis ball, or before maturity.

**Leeks** When stems are 2 cm (1 in) thick; anytime after this.

**Lettuces** Anytime after hearting commences, or pick outside leaves progressively. Excessive overhead watering hastens decay, once hearted.

**Marrows (or mature zucchini)** Before frosts. Stored marrows have bitter skins.

**Marrows (vegetable spaghetti)** Harvest when 25 cm (10 in) long.

**Mushrooms** Any stage (button cap or mature flat). Watch for fly maggot in mature stage.

**Okra ('gumbo')** Pick young green pods 8-10 cm (3-4 in) long to flavour soups, stews.

**Onions (green)** While tops are still full and crisp.

**Onions (long keeping)** After tops have dried. Pull at immature stage for salads as spring onions.

**Parsley** Start cutting when plants are well branched (about 6 weeks).

**Parsnips** Anytime. A frost improves flavour.

**Peanuts** When foliage yellows, 16-22 weeks after sowing.

**Peas** When pods are well filled and firm, before wrinkles appear. Sugars turn to starch soon after harvest.

**Peas (snow or sugar)** Pick when seed is the size of two match heads. Eat pod as well.

**Potatoes (main crop)** For storing, wait until death of vines. Leave two hours in sun to toughen skins.

**Potatoes (new season's immature)** Anytime for immediate use. Skins slip off easily.

**Potatoes (sweet)** When foliage turns yellow.

**Potatoes (yam)** When foliage turns yellow.

**Pumpkins** When foliage yellows before frosts. Retain stalk.

**Radishes** Anytime. They are crisper before maturity.

**Rhubarb** Preferably not in the first year, then anytime. Pick outside stalks first, leaving 6 younger ones to promote new growth. Do not overpick.

**Silver beet** Anytime. Pick outside leaves progressively.

**Spinach (New Zealand)** Anytime. Pick outside leaves progressively.

**Swedes** Hold their quality in the soil better than turnips (up to



16 weeks).

**Tamarillos (tree tomato)** Anytime after late winter, when deep red.

**Tampala** Use whole plant when 15 cm (6 in) tall, or use tips of leaves (about 8 cm/3 in) when mature.

**Tomatoes** Can be picked half ripened and kept indoors to ripen.

**Turnips** The size of a cricket ball (up to 12 weeks).

**Watermelons** A yellowish underside is a good sign of ripeness.

**Zucchini** When 15-20 cm (6-8 in) long.

### Storage

If you plan to store produce for a while, cool it to 10°C (50°F) as soon as practicable. Temperatures lower than 8°C (46°F) tend to dehydrate and wilt vegetables, unless they are fully enclosed in a crisper or plastic bag.

Reprinted from *Organic Growing*, Autumn 1987, quarterly magazine of the Organic Gardening and Farming Society of Tasmania, which promotes sustainable agriculture and chemical free gardening. Subscription \$10 (\$12 overseas) from PO Box 228, Ulverstone 7315.

### OLD WORLD GIFTS

Before the seventeenth century, soap was imported from Venice and Spain. It was pounded with rosewater, herbs, gums and oils to produce washing balls. A typical spiced barber's washball would contain soap, orange flower water, gum benzoin, starch, orris root, cloves, nutmeg, allspice, cinnamon, spice oils and jojoba oil. This was used as a shaving soap. A rose washball could contain soap, gum benzoin, starch, rose oil, rose petals, rose water, orris root and jojoba oil. Attractively packaged, these make lovely aromatic gifts.

Reprinted from *The Sage*, Vol 12, No 4, May 88, newsletter of the Queensland Herb Society, PO Box 209, Paddington 4064.

### CRYPTIC GRASSWORD *Continued from page 44.*

F	E	R	R	Y	S	G	R	A	V	E
L		I		A	M	U	S	E	C	A
E	B	B		R	O	M	A	N		T
E			A	D	O		L	E	T	
T	A	L	L	N	E	E	I	D	L	E
	R	U	L	E	R	P	E	R	U	
A	R	C		E	L	I	T	E	O	N
	O	R	A	L	C		R	U	N	G
E	W	E	R	B	A	T	S	E	E	S
M			T	W	O	A	T	E		T
B	U	D		R	A	D	I	O		T
E		I		I	T	A	L	Y		I
R	I	G	H	T		Y		S	C	A

### PLANT BY THE MOON 1989 ASTROLOGY GUIDE for the Pacific

Fully referenced - Easy to use - Astro interpretations

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Tiger-Horse Productions

17 Arkwright St Wellers Hill Brisbane 4121.

Name \_\_\_\_\_

Address \_\_\_\_\_

## PENPALS

Hi, my name is Lisa Drummond and I am looking for a penpal between 12-14. I am 13 and a Leo. I love horses, gardening, reading, cooking and writing letters. All letters will be answered and please also send a photo of yourself.

C/- PO, AXEDALE 3551.

My name is Ranai Louisa Newport, I am 11 years old and I would like a female penpal 11-14 years old. My hobbies are collecting stamps, stickers and spoons. I have one sister Deborah who is 9 years old. Could you send a picture of yourself. I am looking for a penpal anywhere in the world but not NSW.

12 Oxford St, CAMBRIDGE PARK 2790.

I'm 15 years old, and seeking penpals with same interests. My hobbies are cooking, gardening, knitting, birds and sewing. I love music especially classical and play the violin, steel and classical guitar. Please write. All letters will be answered.

Eleese Wyborn, PO Box 7109, TOOWOOMBA MS4352.

Hi! I am a 16 year old New Zealander. My hobbies are skiing, music and swimming. I would like a male or female penpal, between the ages of 14 to 22, from anywhere in the world.

Beverley Helm, 361 Pages Rd, Aranui, CHRISTCHURCH 7, NZ.

Hi! I'm a 31 yo mother, would love to write to people in northern Australia — Broome to Cairns and beyond — or anywhere else in the world. Interests: animals, wildlife, stamps, craft, music, trucks, kids, sport. Will answer all letters.

Ray Sioux, C/- PO, Mt Garnet 4872.

I am 16 and would love to write to anybody from anywhere. My hobbies include writing poetry, reading, music from Tchaikovsky to Elton John (and a lot in the middle), and I am also very interested in environmental issues. Please write.

Cathie White, 12 Brigalow Way, ARMADALE 6112.

I am Joanna Aquino and am 22 years old. I am a Filipino and presently working here in Singapore. I will be happy to exchange letters with those who are interested in writing to me.

Apt Blk 132, D1-179, Potong Pasir Ave, SINGAPORE 1335.

### HANDY HINT

Always keep old toothbrushes for cleaning those awkward spaces, like behind the taps or along the grouting between wall tiles.

"Why were you born? The purpose and meaning of your life on earth.

Further information is available in different languages.

UNIVERSAL LIFE, Dept. E,

P.O. Box 5643, D-8700 Wuerzburg, West-Germany"

### DO YOU KNOW . . .

how to:

- use hydroelectricity?
- wire a 12V system?
- make a washing machine?
- choose the right generator?

All this and more can be found in back issues of Grass Roots. Send SAE for detailed list to Night Owl Publishers, PO Box 764, Shepparton 3630.

## So You Want to Build Your Own Place

by Betty Fisher, South Melbourne, Vic.

After reading about the experiences of people moving to the country, I thought I would tell you what happened to me. I moved from Melbourne to the Bonang area of East Gippsland. Luckily, I didn't buy any land, but got a job caretaking another person's property, so I was able to escape when things got hectic.

Believe me, they give owner-builders a hard time up there. When the inspector came to my little cabin I said I was just caretaking and he went away. The family near me were building a house, and living in it before it was finished. They applied for a permit but were prosecuted by Orbost Council. The relationship broke up under the strain and the man went away and got a job on the roads to pay the fines. The woman was put on a bond. They made her move out of the house and she lived in an old caravan with her two little kids. How she managed I don't know. There was no power, it was freezing cold and the roof leaked when it rained.

My other friend applied for a permit for her house but they prosecuted her just the same. It seems the council just hates alternative lifestyle people. I went with her to Orbost Court to give moral support. She tried to conduct her own defence but the magistrate kept interrupting and soon reduced her to tears. The Shire had a barrister from Melbourne who talked as if she was a criminal for living in a house that wasn't approved.

After that, another couple were sent to jail for living in a shed. It wasn't really a shed — they'd fixed it up nicely inside. I went to a sort of picnic to farewell the husband — it seems like we were living under a dictatorship. They sent his wife with her little baby to Fairlea women's prison in Melbourne. Another man got about 30 days in jail for pouring concrete without giving 24 hours notice. He lived miles from anywhere and didn't even have a telephone. There are still people up there living in tents to avoid prosecution.

One brave couple tried to start an Owner Builders Association but most people were too frightened to join and they were hounded by the council till they moved to Canberra. A lot of other people got pushed out. There were some very sad stories I can't write about here.

In the end, everyone was terrified to do anything or complain in case they got prosecuted, because you've got no chance against top Melbourne barristers. I moved back to South Melbourne and got a job cleaning offices. I rent one room with the use of a kitchen and the landlady kindly lets me have a vegie garden in the backyard. You'd be surprised the amount of stuff I grow right in the middle of South Melbourne. There are two brick walls which form a sun-trap and my little garden is like a jungle.

My friend and I take long walks along the beach and ride our bikes around the parks. It is better than living in fear of some country bureaucrat. No doubt there are other shires where people are more friendly, but be careful where you buy land.

### STAIN REMOVAL

Chewing gum can be removed from clothes by softening the gum with methylated spirits then picking the gum off the garment.

## Grasswise Answers

*Continued from page 41.*

1. False. A yurt is a dwelling from Central Asia.
2. Basket making.
3. A doe who has borne a kid.
4. It is a predator of the prickly pear.
5. Prickly pear.
6. Stock eat this tree lucerne.
7. Colostrum is milk received by newly born animals which provides them with immunity to various infections. If their natural mother dies before they can get this, it is desirable to have some on hand.
8. The mung bean.
9. Beef cattle breeds.
10. Alfalfa.
11. A mixture of herbs, flowers and or spices and aromatic oils.
12. Angora goats.
13. Mead.
14. Blue.
15. A measure of soil acidity or alkalinity.
16. Any grain, vegetable product or garbage which produces sugar.
17. A herb mixture used in cooking — traditionally parsley, thyme and bay leaf.
18. They are covering the soil with a mixture (compost, straw etc) which will feed and protect it from water loss.
19. About 21 days.
20. A way of mixing clay by alternately cutting a slab through with wire and packing it together.



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# CLEAN? OF COURSE IT'S CLEAN

by C Burgess, Armidale, NSW.

All the washing for our family of five is done in an old fashioned copper. I have nothing against washing machines, they are a great time saver, but if you do not have power the option of using a copper is worth investigating.

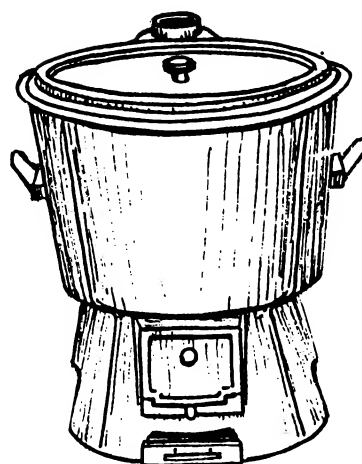
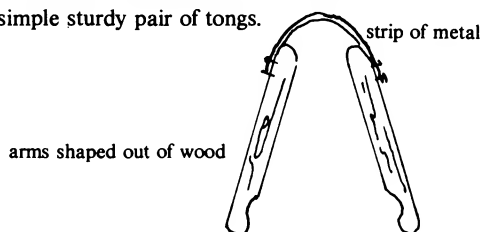
I remember when I first got mine. For months I had been doing the wash by hand in a wheelbarrow. Now a wheelbarrow is quite good for washing — ours was large and the sloping front caked with just enough old cement to make it good for scrubbing — but it left something to be desired, especially for nappies. The copper was great and so warm to work with in winter. Soon we added a second copper that was used for rinsing. You would think that I would be content with such luxuries, but no sooner was this set-up perfected than I began to complain about all the hand wringing. Wring out the hot clothes into the rinse water, wring out the rinsed clothes to hang up — at least it kept my arms trim, but with sheets it was no fun and blankets were worse. The great wringer search began. It proved much harder to find than the coppers but at last we tracked one to its lair, and what a boon it became.

Around every silver lining is a cloud. Coppers and acrylics are not the same generation and do not get on. In the same vein wringers eat zips and poppers and only barely tolerate buttons. I found it all out the hard way and have become philosophical about it . . . if the garment cannot stand up to my washing then we were not meant to have it.

Just to make everything a little harder we have a water problem. It was once severe but now our new dam has filled it is not too bad. However, we still must be careful with water. My wash routine will be familiar to many in the same position. Start the wash with the least soiled clothes and progress through to the dirtiest or until the clothes are coming out dirtier than they went in. In the latter case empty the copper, refill it with the old rinse water and refill the rinse water with clean water. Into this routine is added the extra factor of having to wash the non-boilables first then progress to the boilable items. It was quite a shock the first time I boiled an acrylic jumper. It went in a perfectly normal size 6 jumper, but when it came out the arms were very narrow and about twice as long as they should have been. The body of the jumper was now half the previous length but twice its width. It was pronounced dead. Since then many have died. Now it only happens when I am called away from the washing and the water heats up too quickly. I also found out that wringing warm synthetic clothes in the wringer (as opposed to by hand) is a wonderful way to permanently set the creases — the only problem being that they are invariably not ones that you want to set!

But it is not all heartbreak. My children have all been

Fig. 1. A simple sturdy pair of tongs.



mercifully free of nappy rash. As I am no supermum and not above leaving a baby wet while I get on with the job in hand, and even use plastic pants, I can only attribute the lack of rashes to a mixture of cast iron skin and boiled nappies. I am sure that chemical nappy rinses have caused more cases of nappy rash than they have ever prevented. Twenty minutes brisk boiling is more effective in killing germs, completely non irritating and you are not left with a nasty chemical to dispose of afterwards.

Another source of surprises are dyes. The modern dyes are often not fast in the boiling water of the copper. My nappies have been at various times red, pink, light brown and green, all depending on what was washed before them. I also have some interesting marbled sheets in shades of pink and red. There was the time I put in three baby suits — one red, one white and one yellow. I took out three baby suits — one pink, one orange and one peach. It keeps the wash interesting. I try to bear in mind how much other people spend to get these fancy coloured nappies and sheets. My husband is philosophical about his variable-coloured work shirts; one has been cream, brown and purple in its life. Usually these things happen with new items and offenders are soon sorted out.

A word of caution here to those with blood pressure problems: some dyes change colour when they are hot, but go back to the original shade when dry and cool. The most dramatic example of this we have had was the amazing speckled shirt. When dry and dirty it was an ordinary brown shirt; when hot and wet it was brown and mauve speckled!

Copper washing is an effective, cheap (if you have the wood), and appropriate way to wash. You do need to be aware of the fabrics and the dyes. You do need to be mindful of safety, especially with children. Always wear gloves and keep a bucket of cold water handy. Make sure you have a good pair of tongs, and use them. I originally had a pair like a giant peg, but they broke fairly quickly. The design of my present tongs is strong and simple — just two shaped wooden arms joined by a flexible strip of metal (see figure 1).

I hope that if you try a copper for washing it works well for you. A sense of humour is as important as soap. And remember, all that exercise is doing you good.

## WORD PLAY WITH PENCIL AND PAPER: ANSWERS

(where relevant)

*Continued from page 52.*

### Add Mix

1. roundyard
2. donkey
3. peacock
4. windmill
5. peanuts
6. mudbrick
7. horseshoe
8. earthworm
9. sheepskin
10. bushfire

### Alpha

A few more T's: test, treat, trust, teat, tight, tiniest, tint, tallest, toughest, taught, trout, truest . . .

P: pulp, plump, pup, pop, prop, peep, primp, pep . . .

D: dead, dad, deed, died, dread, dud, dined, dusted, doubled, doubted, doped . . .

R: rear, roar, river, rover, raver, rustler, rager, renter . . .

G: going, gong, gang, gathering, gossiping, guarding, growing, grunting, gasping, grasping . . .

You might think of others.

### Odd One Out

1. cocoon — the rest are all insects. It is a case for the larva of insects.
2. duck — it is an adult, the others being the young.
3. coffee — the others are cereal/grain crops.
4. spade — it is the only one used by hand.
5. peach — it is the only stone fruit here.
6. jack — the others are females.
7. ladder — the others hold things.
8. dam — the others are flowing water.
9. herb — the others are parts of plants.
10. hose — the others are horse equipment.

### Crossover

These are some possible answers.

C os	T D i	MH om	E F ad	E
A ngor	AA lph	A O ver	S E lectric	C
T opi	C M u.	DR oa	R N ou	N
		S ho	O C astl	E
		E ightiet	HE l	F

### Fill-ins

PALOMINO HALTER REINS BRIDLE  
STIRRUP MARE MANE SADDLE  
STALLION CANTER

### Unscramble

POULTRY DUCK TURKEY GOOSE CROW  
GALAH DOVE EAGLE ROOSTER  
KOOKABURRA

### Ladderword

CAT/RAT/RAM; GOAT/GOAL/FOAL; DAM/RAM/  
RAT/FAT/FIT; YARD/HARD/HARM/FARM. (There  
may be other correct answers.)

### Words Within Words

Some words from SADDLEBAG: saddle, sled, slag, sage,  
sag, sad, sale, seal, bag, beg, bead, bade, bled, leg, lead, led,  
lag, lad, lade, dead, deal, dale, gab, abed.

### HANDY HINT

A shabby cane chair can be cleaned up by brushing it with a  
vinegar-and-water solution (equal parts) and placing it in the  
wind to dry. Rub over with a cloth moistened in the solution to  
bring up a shine.

## Breeding Peafowl

by Joann Hogan, Woodburn, NSW.

We have been breeding peafowl for the last year, starting  
from scratch because we knew nothing of them when we first  
took them on. They are beautiful birds, very family orientated.  
We treat them just like chooks: they roam free, as we felt they  
were better off that way. Here are a few of the things we've  
learnt about these lovely birds in the past twelve months.

The peahens pick superb places to nest. They lay the first  
lot of eggs as a decoy, then pick a different place to hatch the  
next clutch. Our hens have sat on eggs numbering from three  
up to ten, but have only ever hatched six chicks before they  
move their brood from their nesting place. An interesting  
observation we made of four mother hens: one was given the  
honour of raising the young, while the other three laid eggs  
and sat for a second time.

The male moults his stunning feathers during January and  
February. I collected the feathers last year and made a replica  
of his tail, using a cane fan as the backing. Our young males  
will get their tails next season, about the fourth month of the  
year, when they will be two years old.

They have the bad habit of getting on the roof of the house  
and the car. To discourage this we made a roost for them using  
an old disused power pole. For these birds the higher they can  
perch the happier they are.

Our flock was numbering well, but this last season when  
our hens went broody for the second time (which they didn't  
do the previous year) we lost our eggs to a predator. More  
misfortune hit when eight chicks just disappeared one night.  
They were only a month old and it was their first night out of  
the mobile cage, leaving five surviving chicks.

These chicks are several months old now and we have been  
closely watching their changes, so we think we've found how  
to tell their sexes. The last lot of chicks fooled us, as we were  
thinking it was the neck colours. Not so — it's the wings. One  
of the five chicks has a stripe pattern on his wings and body.  
The remaining four are plain in pattern. Therefore, the chick  
with the patterned wings is the male.

Peafowl are not hard to feed. They eat grass — and vegie  
gardens. We have two gardens, which we have had to  
completely wire in, top and sides. Even so, the birds sit on the  
tops and eat whatever grows within beak distance through the  
wire. Their voices are loud and they are good guard dogs,  
especially when they are getting ready for mating.

The mobile cage I mentioned was quite easy to make (see  
sketch). It has an A-frame on a rectangular base, with the top  
pole left longer to make it easy to shift from place to place  
when the chicks need fresh grass. There is no floor but the  
sides and ends are completely covered with wire netting,  
which opens at one end. We use a tarp to cover the chicks at  
night and when it's wet.



I hope I've given some interesting information on these  
beautiful birds. They are such lovely natured creatures that I  
take great pleasure in breeding them.

# CHILACAYOTE

by Michel and Jude Fanton, Nimbin, NSW.

Whatever you do in the garden, don't miss out on this perennial squash! The plants last for several years in the ground, and keep on bearing without too much attention. The chilacayote or alacayote is the only squash with consistent perennial habits and has much to recommend it as a vegetable. It is said to thrive in cool weather and is tolerant of high altitudes, easily grown at 2000 m (6000 ft). We find it pest and disease resistant, as it hasn't been genetically interfered with — it is an original! Because it is an unique species (*Cucurbita ficifolia*) it will not cross with any other squash, which makes it an easy candidate for seed saving. Its yellow-orange flowers start to appear when the days grow shorter and in northern NSW it fruits all winter and spring, providing a squash with an exceptional taste and great versatility in its uses.

There is archaeological evidence that chilacayote has been cultivated for 4000 years in Peru and that it spread to Mexico in early ages. In Chile it grows in the semi-fertile valleys of the dry north according to a Chilean friend. Last century it reached the Philippines region and its fame in Europe must have come from there for it is known as 'la courge du Siam'. Its arrival in Australia coincided with the migration from south and central America, but seed was only commercially available from 1982. (The first shipment of chilacayote seeds from Guatemala was delayed when the donkey carrying the seeds from a highland village fell off a cliff!) Phoenix Seeds of Stanley, Tas., still offers the famous seed in its '88 catalogue.

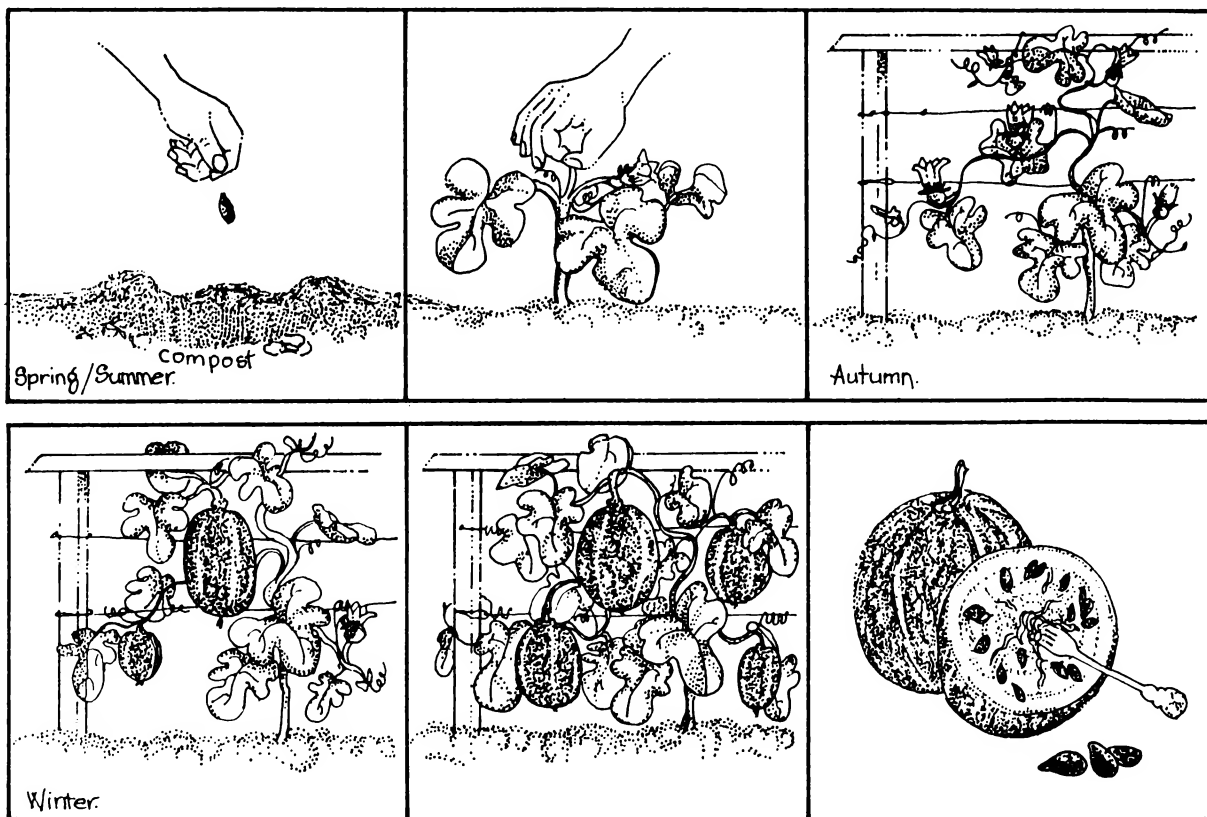
Cultivate them as you would pumpkins, on a well-

manured heap, with seed sown in spring/summer. If you have cold winters you can just grow them as an annual or cover the long vine with straw. In our seed gardens, we have chopped the trailing vines to leave islands of chilacayote around the garden; they have lasted for several years. They look very beautiful grown on a trellis and that method saves space. Pinch out the secondary shoots if you want to control growth. The vines will trail for great distances sending down roots, so chop or throw them back in order to contain them.

The fruits are numerous, the size of a watermelon, green with white spots and stripes. When immature they can be eaten raw or steamed, as a better zucchini (it is sweet and has a good texture). The flesh inside the hard mature shell is somewhat like a vegetable spaghetti and is used preserved in honey or sugar. Our Chilean friend recommended that we scoop out the angel's hair, as she calls it, remove the seeds for replanting and eating, boil the hair slowly with cinnamon and honey or sugar (no water) until it is light brown, add walnuts and jar. It is usually done on a slow-burning stove all day or overnight. No pectin is needed. We have done this and it makes very good jam. The mature fruit is also used fried, pattied and makes an excellent healthy sauerkraut when lacto-fermented. The fruit can be stored for more than 18 months.

The seeds are black, large and said to have a large concentration of oleic acid which is the prime ingredient of olive oil. Don't forget to save the seeds!

Seeds available from The Seed Savers' Network, Box 105, NIMBIN 2480. Send SASE.



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# TAKE A NEW COURSE

Often the New Year brings with it the urge to try new projects, further develop existing skills or branch out in a totally different direction. To help you expand your horizons we've surveyed the wide range of full-time, part-time and correspondence courses available in city and country areas and compiled a list of those that may be of interest to readers. Some lead to professional qualifications, others are intended more for the hobby enthusiast.

## **COURSES AVAILABLE**

What we have attempted to do here is to give you a broad overview of what is available in your area. Further details of course requirements, application dates and costs involved can be obtained by contacting the organisations listed below.

### **New South Wales and ACT**

**C B Alexander Agricultural College** offers full-time residential courses in practical agriculture and dairying for those interested in a career in these fields. Course length 1-4 years, emphasising on-farm experience. Home study courses also available. Enquiries to:

**The Principal, C B Alexander College, 'Tocal', PATERSON 2421. Ph: 049-384-222.**

**Canberra School of Art** is running summer schools during January 1989 in various fields: photography, leatherwork, weaving, wood-carving, drawing, painting, etc. Various course fees and requirements. Enquiries to:

**Summer School 1989, Centre for Continuing Education, ANU, GPO Box 4, CANBERRA 2601. Ph: 062-493-891.**

**Murrumbidgee College of Agriculture** has full-time introductory and advanced courses for those wanting farm employment, as well as short courses on technical and management topics. Stress on practical skills and field experience in areas of horticulture, livestock and irrigation. Contact:

**The Principal, Murrumbidgee College of Agriculture, YANCO 2703. Ph: 069-530-299.**

**Northern Rivers College of Advanced Education** offers degree and diploma courses (full- or part-time) for the career oriented, as well as short informal courses for external students. Areas of interest for internal study may include health care, education, the arts, conservation and wildlife management, and externally, small business and alternative lifestyles. Enquiries to:

**Northern Rivers CAE, PO Box 157, LISMORE 2480. Ph: 066-230-600.**

**Orange Agricultural College** provides on- and off-campus courses (two years duration if full-time) in farm and land management, farm secretarial skills and fruit and vegetable growing. Horse management is also offered on-campus. Further information from the college:

**PO Box 883, ORANGE 2800. Ph: 063-635-555.**

**TAFE Colleges** in Sydney and many regional centres have a wide range of internal and external courses available in trade, business and farming areas. Rural studies include beekeeping, horse care, pig raising, sheep and wool, poultry keeping, pest and weed control, farm mechanics and bookkeeping — all available for external study. Enquiries to regional colleges or to:

**The Course Information Officer, TAFE Information Centre, 849 George St, Railway Square, BROADWAY 2007. Ph: 02-212-4400. Correspondence: The External Studies College of TAFE, 199 Regent St, REDFERN 2016. Ph: 02-699-9822.**

### **Queensland**

**Australian Flying Arts School** has correspondence courses in painting/drawing, batik, weaving, spinning, screenprinting and ceramics for beginners and experienced craftspeople. More information from:

**The Co-ordinator, Correspondence Courses, Australian Flying Arts School, C/- Brisbane CAE (Kelvin Grove), Victoria Park Rd, KELVIN GROVE 4059. Ph: 07-352-8265/8400.**

**Darling Downs Institute of Advanced Education** offers a range of short courses for external study. Areas include child development, social issues, study skills, electronics, business and law, languages, literature and environmental studies — soil conservation, land use and hydroponics may be of particular interest here. Enquiries to: **The Continuing Education Officer, Division of External and Continuing Education, Darling Downs Institute of Advanced Education, PO Darling Heights, TOOWOOMBA 4350. Ph: 076-312-102.**

**Queensland Agricultural College** runs certificate courses for those interested in careers in agriculture, animal husbandry and horticulture. Details from:

**Queensland Agricultural College, LAWES 4343. Ph: 075-620-213, 620-217.**

**Queensland Institute of Natural Science** has correspondence courses in many aspects of alternative medicine — naturopathy, iridology, homoeopathy, colour therapy and herbal medicine — as well as organic farming and gardening. Contact the college at: **PO Box 82, MAPLETON 4560. Ph: 071-457-153.**

**TAFE** For information on TAFE courses (internal or external) available in your area contact your nearest regional college or:

**Ph: 07-840-4844**

### **South Australia**

**TAFE** A variety of courses on farm practice and animal husbandry for both internal and external students are available in Adelaide and several regional centres. For more details of these and other TAFE courses contact your local college or:

**Adelaide College of TAFE, 20 Light St, ADELAIDE 5000. Ph: 08-213-0111.**

**Workers' Educational Association of SA Inc** offers numerous courses relating to health and personal growth, mainly short intensive sessions, often held during evenings and weekends. Meditation, massage, rebirthing, reflexology, aromatherapy, iridology and many more. For more information contact the Association:

**223 Angas St, ADELAIDE 5000. Ph: 08-223-1272.**

### **Tasmania**

**TAFE** For information on TAFE courses contact the nearest centre. **Hobart: 116 Mockridge Rd, ROKEBY 7019. Ph: 002-479-089. Launceston: Wellington St, LAUNCESTON 7250. Ph: 003-322-101.**

### **Victoria**

**Australian Horticultural Correspondence School** offers a wide range of courses in this area as hobbies or professional training: home gardening, landscaping, wholesale production of herbs, flowers and fruit, specialised studies of particular plant groups are included. Also available are health, business and recreational courses. Write to the head office:

**AHCS, 264 Swansea Rd, LILYDALE 3140. Ph: 03-736-1882.**

**The Council of Adult Education** has an extensive programme of short courses in areas of health and recreation, organic gardening and animal husbandry, building and renovation, fruit growing and a wide range of craft activities. For up-to-date information contact: **The CAE, 256 Flinders St, MELBOURNE 3000. Ph: 03-652-0611.**

**Victorian College of Agriculture and Horticulture** has a diverse short course programme of units in horticulture and animal husbandry — cottage gardens, pruning, landscaping, cashmere goats, horses, animal breeding — as well as farm welding, ecological farm planning and a number of handcrafts. Longer external courses are also available. Contact:

**Principal Lecturer, VCAH-Glenormiston, GLENORMISTON SOUTH 3265. Ph: 055-925-303.**



# HERBAL GIFTS

by John Mason, Lilydale, Vic.

One of the joys of having a herb garden is to be able to go out and pick fresh herbs whenever you want, savouring the aroma as you do so. Whether you want to use them for cooking, health or craft, make sure you plant enough to maintain a continuing supply because you'll be forever finding new ways to make the most of their subtle and varied flavours. Even a brief study of herbal lore will reveal an amazing variety of uses to which herbs can be put.

## HERBAL GIFTS

Many herbal products make ideal gifts, adding a delightful aromatic touch to special occasions, Christmas and birthday giving. Here are a few suggestions.

### Herbal Air Fresheners

The leaves of lavender, lemon balm, lovage, sweet marjoram, rosemary, rue, sage, santolina, southernwood, tansy and garden and lemon thymes make good air fresheners when burnt in powdered form. The herbs can be packaged individually or in mixes. Several varieties boxed with a little incense burner make an unusual gift.

### Herb-scented Stationery

Any of the sweet scented herbs can be used to decorate and perfume note paper, greeting and Christmas cards. A slit can be made in the back of a card and a sprig of herb attached to the card. Boxes of stationery can be decorated with pressed, dried herb leaves or flowers, and a little bag of the same dried herb placed in the box to perfume the paper and envelopes.

### Herb Butters

The mixture of herbs with butter is a marriage made in heaven; each partner is better for the union. Once you have tasted it you will want to try it not only on breads but with vegetables, meats, fish and eggs. Many cooks prefer to use unsalted butter in the French tradition. You can use fresh or dry herbs, but fresh is preferred, and don't overlook using seed.

As a general rule, use 1 tablespoon of fresh herb, 1-1½ teaspoons dried or ½ teaspoon seed for each 125 g (¼ lb) of butter. If you combine two or more herbs, use less of the strongly flavoured ones. Some herbs become more flavourful with a few drops of lemon juice, Worcestershire sauce or vinegar, especially dried herbs. If you use one of these liquids, add them slowly and stir constantly to avoid curdling.

Cream or beat room-temperature butter and stir in seasonings. Pack into moulds, shape with hands into logs, or chill and form into balls, curls or pats. Refrigerate for at least three hours to allow flavours to blend. You can freeze and store herb butters for several weeks. Otherwise, use within a day before herbs deteriorate.

### Variations

Fines herbes butter:

- 1 cup sweet butter
- 2 tbsp parsley
- 2 tbsp chives
- 1 tbsp tarragon

Try with fish, meats, poached eggs, vegetables or French bread.



Basil butter:

- 1 cup sweet butter
- 1 cup fresh basil leaves, chopped (lightly packed)
- 1 tbsp minced parsley (optional)

Use with vegetables such as zucchini, eggplant, green beans; to season vegetable soups and with sauteed fish. Try frying eggs in basil butter or use on top of poached eggs.

Maitre d'hotel butter:

- 1 cup sweet butter
- 6 tbsp finely chopped fresh parsley
- 2 tbsp lemon juice
- 1 tbsp Worcestershire sauce

Excellent with grilled meats and fish.



### Herb Honey

Herb-flavoured honeys are a delightful change from standard honey. Herbs add colour, fragrance, flavour and body to thin kinds of honey and fully develop the character of thicker, richer honeys. Herb honeys are easy to make and last indefinitely. Use them to sweeten teas and punches, as a sugar substitute in salad dressings, frostings and jellies, or combine half-and-half with butter to make an excellent spread for pancakes and hot toast. Use about 1 tablespoon fresh herb or 1 teaspoon dried herb or seed to 600 ml (1 pt) honey. This is no hard and fast ratio. Experiment to suit your taste. Herbs that flavour honey: anise seeds, cardamom, cinnamon bark, coriander, fennel seeds, lavender, lemon verbena, marjoram, mints, rose geranium, rosemary, rose petals, sage, thyme and sweet violet flowers.

Bruise fresh leaves or seeds slightly and place them in layers on the bottom of a small saucepan. Pour room-temperature honey into the pan and cook over low heat. Stir until the honey is just warm — about 2 minutes. High heat will damage the honey. Pour the mixture into sterilised jars and seal tightly. Store the jars at room temperature for about a week to allow flavours to blend. Then rewarm the honey over low heat and strain the herb leaves out. Recap or use immediately.

Herbs can be your year round companions. Get to know them; use them for their fragrance, their colour and their flavour. Travel the road to herbal delights in your own garden and home.

John Mason is the author of *Starting a Nursery or Herb Farm*, available for \$8.50 posted from Night Owl Publishers, PO Box 764, SHEPPARTON 3630.

### COMPANION PLANTING CHART second edition.

An attractive guide to companion gardening, covering over 90 vegetables, herbs and fruits, including plants as insect repellants. Mail order \$4.50 (postage included) Plum Products, RMB 2907, BRUTHEN 3885.



# Practical Visionary

by Peter Horsley, NZ.

We all have dreams. A few direct their dreams towards a vision of a more harmonious society where people interact with nature in a healthy, highly productive and sustainable way. One such practical visionary is Kay Baxter of the Koanga Co-operative Community, Kaiwaka, NZ, a trust-owned farm with a strong emphasis on practising permaculture. Projects include dairying, cheesemaking, orchards, gardens, tree planting, mudbrick building — and the nursery.

Kay Baxter's nursery is run on permaculture and organic principles. Everything is integrated. Weed-eating ducks and geese save back-breaking toil. Their daily wanderings fertilise the sawdust on the paths which in turn becomes compost for the gardens. Planting is done by the moon. Biodynamic preparations are used on all compost, beds and potting mix to strengthen the plants. The nursery specialises in organic growing of fruit, nut and forage trees that are ideally suited to the region's soil types and climates. A remarkable feature is the collection of 'heritage' trees that are used as a basis for future selection and propagation. These trees have been grafted or grown from original stock brought out by the first settlers.

'For the past couple of years I have done a lot of looking around and collecting interesting and valuable plant material which I am growing here,' Kay Baxter said. 'The most exciting discovery has been the old River Peaches. A hundred years ago the shores of the Kaipara were covered in these wild peach trees. There are wonderful stories of the pioneer women bargaining the fruit to the markets in Helensville because there were no roads then. I have collected some seed from the orchards where they have been kept going, and everyone growing them swears that they are the sweetest and most

beautiful peaches you can imagine. One of my old friends says that to eat his favourite peach you have to take off all your clothes. The juice goes everywhere.

'I am beginning to get a good feel for the range and the types and varieties of fruit and nuts that will probably do best in this area. It is really interesting to note that virtually everything I have collected because it does well and tastes good is unavailable commercially. A lot cannot even be bought. They do not even have names so I am naming them after the early families who brought the trees out from Europe.

'The potential for propagating the old stock is extraordinary. Some of the other exciting trees I have collected wood from this year include almonds, apricots, nectarines, bananas, blueberries and figs. There are probably over 100 varieties of old fig still growing in this region. The early settlers used them for a sugar substitute. I haven't had the time to really explore the figs yet. That's another year's project. The intriguing thing is that I am sure these old trees have adapted genetically to the local conditions. As such, they are less disease prone and they can withstand the extremes of climate (of dry and wet years) that we face here. I also observe them closely in my nursery before I select those I wish to propagate from. I can then compare my field observations with what I grow here. That way I can be sure of their fruiting qualities.'

This emphasis on taste and eating qualities, with adaptation to local soil and climate conditions, is unique. Most commercial nurseries tend to sell specimens that have been developed by government research departments for the export market. Their fruit usually have thick skins and are often bred for their appearance and long shelf-life rather than taste or juiciness.



Kay's partner Bob and youngest child Taiamai in the Fukuoka style grain garden. Amaranthus, popcorn and sunflowers are growing in beds with white clover as permanent mulch.



Kay shows how to bud citrus rootstocks with unusual varieties, in this case 'Murcott', a delicious rich tasting mandarine.

Now that corporatisation and a commercial orientation have been introduced into government departments, there seems even less interest in growing the old specimens for the limited market.

'When you think of the hundreds of varieties of fruiting trees that came out with the early settlers, it seems crazy that the general public is restricted to a few commercially acceptable trees for their gardens,' Kay Baxter said. 'Many of the commercial varieties are not even suited to the different local regions. We need to have heritage nurseries like mine in every region throughout New Zealand. The techniques for growing these trees are relatively simple. I held a workshop on propagation and nursery management recently and I plan to repeat it next year. Interest is strong and a network is now well-established where people throughout the country are pooling their resources and knowledge. The benefits will be enormous as these nurseries are developed. You can earn a living from it because there is a real gap in the market.'

Kay Baxter's nursery is not restricted to the heritage trees, crucial though they are to the enterprise. Her fascination with and commitment to permaculture principles is reflected in her knowledge and supply of an extraordinary range of plants that perform a wide range of functions in the orchard ecosystem. Foremost of these are fruit and nut bearing trees that provide food the whole year round. Apart from firm favourites like the avocado, chestnut, cherry, guava, macadamia, mulberry, pomegranate and quince, she is experimenting with the organic growing of more recent arrivals like the casana, cassimiroa and cherimoya. Other exotic varieties suitable for the region like sugar cane, bananas and taro are also grown.

'Being able to observe the trees and plants growing in the community's orchards is a distinct advantage' she said. 'It's fascinating to see how particular plants really excel and act in a mutually beneficial way when their niche in the garden ecosystem is found. An overall orchard design is crucial. Take groundcover for example. Legumes like clover, sulla, lotus and lucerne fix nitrogen. Deep rooting herbs (comfrey, plantain, dandelion and chicory) help recycle nutrients. Insectory plants (wild carrots, parsnips, fennel, parsley and



Setting up a new vegetable garden on a sloping site, with imported volcanic soil over heavy clay.

yarrow) act as hosts to beneficial predators. Perennial herbs and flowers attract the bees. Fertility can be maintained by leguminous groundcover and shelter, deep rooting herbs, small animals, compost and mulch from within the orchard and liquid manure from plants and animal manure. Pest control starts with the choice of appropriate healthy resistant trees — that is why my organic nursery is so important. A healthy soil and total environment with appropriate herbs and such flowers as tansy, marigold and nasturtium comes next. Finally the use of small animals should be considered. Geese keep grass down so that ducks can eat slugs, snails and bugs while pigs eat rotten fruit which harbours pests.'

Forage for poultry is another of Kay Baxter's keen interests. When a mix of grasses, herbs, tree berries and seeds (including those of the kahikatea, totara and taupata) and vegetables are available the whole year round, there is no need to buy mash. You just grow your own.

Like other self-taught people who learn out of curiosity and interest Kay Baxter's knowledge is both encyclopaedic and practical. An afternoon's chat ranges from rose-hedges (instead of fences) to willow water (use it in place of rooting hormone) to rooting beds (made from sawdust, horse manure and sharp sand) to the best variety of geese for weeding (keeping the family intact is all important). Her range of contacts extends from Kaitia to Banks Peninsula, from government research scientists to other do-it-yourselfers. If she cannot supply a plant herself, she can tell you where to get it.

The most encouraging thought that emerges after a visit to the Koanga Community is the knowledge that things are quietly changing. The work of people like Kay, who combine a love of nature with a keen observing eye and a commitment to a healthy land and a healthy people, is beginning to shut out the multinational agribusiness and chemical companies with their imported life-destroying land-use practices. Perhaps one day we may really have a remarkable country where people and land exist in productive harmony and peace.

Reprinted from *Soil and Health*, Autumn 88, magazine of the Soil Association of NZ Inc., PO Box 2824, AUCKLAND NZ.

# Down home on the farm

by Megg Miller.



Already the heat of summer is hanging low over our district, crops are tinged with gold and the earth becoming dry and hard baked. Although it is only early November the spate of high temperatures and sleepless nights promises months of hot dry summer ahead. I loathe this heat, the endless hot days that follow one another with little respite, and I loathe the lethargy that cloaks the countryside and its inhabitants, leaving all drained and weary. It's easy to sympathise with the homesickness of our early settlers for the gentle summers of England or Europe. The harsh sun, the parched earth, the browns and khaki green of the bush must have seemed so alien to them, and must still to new settlers today. What joy whether it be in England or parts of Australia to live where grass remains green, the sun shines warmly, not searingly, and water is in such abundance the bath can be unplugged rather than frugally distributed around the garden!

At this time of year we are always frantically busy. There is grass to be cut as a fire precaution around this place, on the office site and on the farm. The garden needs to be mulched and the ground prepared for later sowings. Poultry sheds have to be cleaned out ready for crops of young birds, and the old litter brought by wheelbarrow to be composted in the garden. There are always a few of these sheds needing rewiring, the damage no doubt being caused by nosy calves or fighting turkeys. The sheep require time and attention, and the second shearing of the year has to be squeezed in. Hay must be chosen and bought, a time consuming job as the wrong blend will be rejected by the cows and just picked over. They may look gluttonous beasts but in reality cows can be finicky eaters. And then of course there is all the poultry work and with fourteen breeds of fowl, all the varieties of turkeys plus guinea fowl, ducks, geese and pigeons it is considerable. Not surprisingly we seem to go for weeks where the only real contact is a hurried question or statement, a 'Did you do . . . ?' or 'I've seen to the . . .'. The pace seems unique to this time of year, but not to us. This time last year I spent a day or so with friends running a small poultry concern, and in order to talk with them I found myself working alongside them. Like us and like many others they were also questioning this self-structured ratrace, saying 'Surely this pace is not what we moved to the country for?'

We plan our weekend work carefully as Suni usually comes home and not unreasonably feels cheated if we don't get to spend much time with her. The work may still have to be done but a little juggling around makes it acceptable to all. One of us will try to fit in a bike ride or some time in her garden, or she and I will spend an hour or so looking through one of the collections of treasures in our old trunks or perhaps sorting through the scrapboxes for fabric for a simple craft project. She will always help me if there are chickens to move and will wheel the feed barrow around at night to make the job

quicker and easier. She has settled down these last months and thrown off the homesickness that was so upsetting to all of us — and is enjoying boarding life to the full. I have a sneaking suspicion that when school breaks up in a few weeks a certain girl is going to be feeling homesick for college!

We of course should be in the throes of packing to move, but a hazard familiar to all has cropped up and impeded progress — lack of money. Relocating and refitting the office will drain the coffers and any left over will have to be redirected into cattle so David can broaden his lines of breeding stock. The office will move now in autumn (not high summer as I'd initially planned), a more realistic time what with cooler weather, children at school and tradesmen back at work. We'll be the ones travelling to and fro then, though as David becomes more involved with the cattle he's spending less and less time in the office. Staying a little longer does have its attractions too — it's closer to Suni's school and it will give me more time to locate fodder species suitable for growing in the new poultry yards, a task I've found extremely difficult so far. There is still a lot of baggage around here we need to part with — the old pigeon lofts, my collectibles from the tip, piles of old timber I think I might need, boxes of empty plant pots. I'm sure I'll go out one day to find that David has ruthlessly got rid of the lot — and whilst all hell would be sure to break loose it will be a relief to know the damn stuff is gone.

Most importantly, staying put a little longer means closer proximity to my father, who lives fifty miles away. For the first time in his life he has encountered the frustration of poor health and of not being able to work as he used to. It's been a sad and difficult year for him as the bonds of many years of marriage don't just disappear because a partner has died. He's still gardening and growing vegies though often he says the mind is willing but the body isn't.

I remember writing this column last year and saying it would be a quiet Christmas with my mother's ill health hanging heavily upon us, and it will be quiet again this year. Being the first Christmas without her it will be touched with sadness but it's important for Suni who also suffered grief that normality is resumed and the festive season is one of laughter and fun. I'm not a good cook when it comes to traditional fare so goodness knows what I'll do to the food. Still, it's little things like a charred roast or a curdled custard that make a meal memorable. And what will Father Christmas be bringing this year? Well, if we can clean out the fireplace so he's not put off, none of us will say no to a little air cooler. Blow the riveting reading, the scarlet knickers, the imported chocolates, we'd all gladly forget the next ten years' supply of these for the bliss of a good summer night's sleep. There are no crown jewels to hock, no bottles to take in for a refund like we did as kids, but by fair means or fowl I think old Santa will be bringing a little comfort to our lives.

# Recent Releases

On this page we present information about newly published books that we feel will interest readers, with details of prices and publishers. We do not distribute books for other publishers so if you're interested in buying any of the books described here, please order them through your nearest bookstore.

## **YOUR HEALTH RIGHTS — Australian Consumers' Association.**

This book endeavours to provide up-to-date and detailed state by state information about all aspects of health care in Australia. It covers such topics as patients' rights and responsibilities, selecting appropriate care, hospital stays, medication, family planning, the aged, mental illness and disability, birth and death, how and where to complain, with helpful contact lists at the end of each chapter. Alternative therapies are discussed and accepted as legitimate, though the emphasis is rather negative — warnings about unqualified practitioners — and homebirth is mentioned only in passing. Apart from these omissions, the book is a comprehensive guide to taking charge of your own health care.

P/b, 223 pp, Aust, Australasian Publishing Co. RRP \$12.95 (plus \$2.50 p + p if ordered from ACA, 57 Carrington Rd, Marrickville 2204).

## **SHOEMAKER'S CHILDREN — Hilde Knorr.**

A young girl is sent to live with her aunt on a small acreage in southern Victoria, where they struggle to 'make a go of it', having to battle not only drought and flood, unco-operative animals and their own inexperience, but also the disapproval of neighbours who think that it is no kind of life for a woman and teenage girl. Life is hard, and the two fight each other as well as the harsh conditions, but it is also a time of growing love and respect between them, of self-discovery and changing values. A heartwarming story for teenage readers.

P/b, 144 pp, Aust, Collins Dove. RRP \$7.95.

## **ADOBE GUIDELINES: MUDBRICK BUILDING IN VICTORIA — Ministry of Housing & Construction, Vic.**

A useful little booklet compiled to assist the many people considering this form of construction, it contains basic information which should be applicable to most states where this type of building is used. The material is presented in a straightforward manner and covers site and material selection, making and laying the bricks, as well as other aspects of construction, finishing and maintenance.

P/b, 25 pp, Aust, free from Vic Ministry of Housing & Construction, 250 Elizabeth St, Melbourne 3000.

## **GOAT HERD HEALTH — B L Irving.**

This contains plenty of helpful information for anyone new to the goat industry or considering acquiring one as a milker or pet. It covers most facets of goat health — physical defects, vitamin and mineral needs and effects of deficiency, reproduction problems and various diseases, their causes and treatments — and includes an index for ready reference. Emphasis is placed on commercial preparations and standard veterinary treatment, though nutritional therapy is recommended in some instances. Quite informative, but I would expect better quality binding and a more legible typeface for the price.

P/b, 67 pp, Aust, Erinrac Enterprises, Foott Rd, Upper Beaconsfield 3808. RRP \$10.00 plus postage.

## **THE ACTIVIST KIT — Bell, Michie & McCosker.**

Originally produced for Aboriginal people involved in land rights action, this book has helpful information for anyone — individual or group — who wants to take effective public action for or against a particular proposal. Whether you want to protest to the local council about inappropriate development plans, or you're concerned about a new federal law, there is information here that will help you to promote your cause more successfully. How to: gain access to the people in power; make your group work more effectively together; ensure media coverage of your activities — these are just some of the topics covered. There is a small section on direct action and civil disobedience but the main emphasis is on legal methods of influencing opinion.

P/b, 89 pp, Aust, Boobook Publications. RRP \$9.95.

## **AUSTRALIAN EMBROIDERY DESIGN — Meg Douglas & Peg Saddler.**

Here is a step-by-step guide to developing your own designs through the use of a variety of embroidery techniques and materials. Clear instructions are given for each of the many stitches illustrated, and the numerous colour photographs should inspire you to create your own wonderfully unique embroideries. There are chapters dealing with landscape, faces, soft sculpture, imaginative designs and use of found objects, as well as hints on getting started and on presentation of the finished work — as a cushion, wall-hanging, bag or jewellery box, for instance.

H/b, 109 pp, Aust, Viking O'Neil/Penguin. RRP \$29.95.

## **THE ESSENTIAL WHOLE EARTH CATALOG**

This is the latest edition of the essential reference and information source for everyone who wants to take charge of their life. It is a compendium of reviews — of books, magazines and mail order suppliers — that the compilers and their reader contributors recommend as providing excellent information and service. Each entry is included because it gives the opportunity to learn and practise something new and useful. Whatever your needs or interests, you'll find them discussed here and discover new dimensions to explore. From bicycles to psychotherapy, small business to peace studies, babies, cybernetics, house renovation or astronomy — it's all here. Overwhelmingly American, but an invaluable reference if you need to know what's available in a particular area.

P/b, 416 pp, USA, Doubleday & Co Inc. Available from Nova Book Company, PO Box 546, Potts Point 2011. \$30.00 postpaid.

## **1989 ASTRO CALENDAR OF THE ANTIPODES**

If you're familiar with the concepts of astrology and the terms used to describe the planets and their movements, then you'll get maximum value from this *Biodynamic planting guide and planetary rhythms* calendar. The main emphasis is on the influence of the moon on plant growth — from planting to harvest. Each month shows the best times to sow seeds, deal with weeds, cut flowers and gather fruit or root crops, with space for noting your own garden activities. Accompanying notes explain the effects of planetary positions and other cosmic forces.

P/b, 30 pp, Aust. \$7.50 post free from B Keats & S Pearson, Lot 355 Dyers Loop, Bowraville 2449.

## **LANDSCAPING YOUR GARDEN — Rosa Niran.**

Intended for people who are unhappy about their gardens and want to do something to change them, this *Step-by-step guide for Australian gardeners* presents the basic principles of landscape design in a way that is easy to follow — and put into practice. Most of the ideas illustrated here you can do yourself, with little or no professional help, so that you can create a garden that suits your lifestyle and your budget. As well as discussing major expenses like fences, paving and pools, the author also covers choice of suitable plants and trees for your particular needs, low maintenance design and reducing bushfire hazards.

P/b, 153 pp, Aust, Viking O'Neil/Penguin. RRP \$19.95.

## **USE OF FODDER TREES AND SHRUBS — S L Everist.**

Compiled by the Queensland Department of Primary Industries to assist farmers, this book should be of interest to anyone concerned about the problems of land degradation and stock management during drought. It briefly discusses stock nutritional needs, methods of cutting fodder and tips on planting new trees, then describes the many native and introduced species useful as stock feed in Queensland. Information on climate and soil needs of the various trees and shrubs indicates that many of them would be suitable for other states as well. Comments on the palatability and safety of feeding the different species are also included.

P/b, 70 pp, Aust, Qld Dept of Primary Industries, GPO Box 46, Brisbane 4001. RRP \$6.00.



# ROUND THE MARKET PLACE

We hope you enjoy this feature introducing new products relevant to readers' lifestyles and interests.

## SEASOL PLANT FOOD & SOIL CONDITIONER

Seasol is the first Australian produced Liquid Organic Seaweed plant food and soil conditioner. It is a double strength, complete digest of seaweed manufactured from highest quality Tasmanian bull kelp collected fresh from West Coast beaches and the entire plant immediately processed to maintain the natural balance of nutrients. Seasol contains approximately 80 elements in soluble form — mainly trace elements — and also has natural growth stimulants and soil conditioners. When used to complement your normal fertiliser programme, it helps to release soil bound nutrients and stimulates plant uptake of those nutrients. Many users have found after using Seasol for a number of years they have been able to reduce application of NPK fertiliser with no reduction in crop yield or health. Seasol is available in 200 l, 20 l, 4 l, 2 l and 500 ml packs. Ask your local nursery for further information and local suppliers.

**Tasbond, 330 Invermay Rd, LAUNCESTON 7250. Ph: 003-263-011.**

## SOLAR LIGHTING

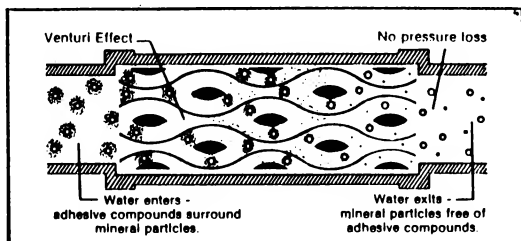
Garden Glo Solar powered garden lighting systems use the latest in appropriate technology to light up your outdoor life. Solar lighting generally requires only a small amount of power and there are numerous lighting applications that require as little as one solar panel. Lights powered by photovoltaic electricity are now low powered, compact and readily available. Similar developments in batteries and capacitors have made energy storage options more compact and efficient, allowing the power generated from solar modules during the day to be transferred to storage batteries for use when needed. Photovoltaic lighting can employ many of the latest options in lighting systems such as advanced halogen, fluorescent and incandescent lamps.

Garden Glo solar lighting systems are reasonably priced and suitable for security, safety and landscaping needs. They are tailored to meet individual specifications and the most suitable components are selected from our range: solar panels — self-regulating mono-crystalline silicon generating storage batteries — stationary lead acid type 6 or 12 volt lamps — compact single-ended fluorescent.

**Garden Glo, 1/25 Kirkham Rd West, KEYSBOROUGH 3173. Ph: 03-798-8047.**

## CARE-FREE WATER CONDITIONERS

The Care-free water conditioner is a device that improves the physical condition of water, not a softener or filter. By reducing the negative influence of minerals commonly found in water, without altering its chemical composition, it prevents the buildup of scale, avoids staining and improves the flavour and quality of water for both plant and human consumption. When the bulk of the water flows through the conditioner at a velocity of between 1-3 metres (3-10 ft) per second the cohesion between the mineral particles in the water is mechanically eliminated, allowing them to pass through without interfering with the system. Corrosive gases are also released during the conditioning process and are propelled through the water as harmless bubbles. The Care-free water conditioner is simple, safe and effective for trickle, spray and flood irrigation in orchards, nurseries and greenhouses, stock troughs, and all household uses. It is completely self-contained and lasts a lifetime, without costly maintenance problems.



**Care-free Conditioners, PO Box 681, WAGGA WAGGA 2650. Ph: 069-252-304 or 251-835.**

## LIQUID FERTILISER

Organic Plasma is a complete natural alternative to modern artificial fertilisers. A liquid fertiliser developed in New Zealand from highly concentrated natural raw materials, it has been used successfully for 8 years in all types of agriculture and horticulture. Organic Plasma is made from a unique and patented blend of fish and plant tissue concentrates, providing a balance of organic substances: a wide range of macro and micro nutrients, plus protein, amino acids, natural growth promoters and other organic compounds. The resultant product is nearly 50 percent solids and effectively packs the benefit of several tonnes of original raw organic material into every 202 litre drum. Sprayed directly onto pastures and crops it not only increases plant growth but also has a longterm effect in improving the entire soil/plant system. Organic Plasma is available in 60 l and 202 l drums.

**Plant Plasma Corp. Pty Ltd, 58/533 Kent St, SYDNEY 2000. Ph: 02-264-2702.**

## ELECTREE GUARDS

Electree guards are made of high tensile galvanised wire rings connected by special insulators to galvanised spring steel upright supports. The uprights are anchored in a disused care tyre or three short wooden pegs in the ground, and connected to an adjacent electrified fence. There are two basic models, one ring controls sheep and two rings on longer uprights control both sheep and cattle. Either model can be fitted with an optional rabbit ring. Stock can graze all around and up close to trees — the only area lost to grazing is that covered by the base of the guard. With power switched off, the tree is fully accessible for watering, weeding or pruning, and from a little distance the guard itself is practically invisible. The guards are reasonably priced — the cattle/sheep/rabbit guard costing \$3 per kit, without wire rings and tyres or pegs. Discounts available for large orders.

**Don & Fay Hall, RMB4245, EUROA3666. Ph: 057-952-962.**

## HORTOPAPER

Grow your garden without chemicals: less weeding, less watering, higher yield and increased growth — with the Hortopaper growing system. This is a method of growing plants in soil covered with a special mulch material made from a unique blend of peat moss and cellulose fibre. Hortopaper contains no toxic chemicals and is completely bio-degradable. It saves water by significantly reducing evaporation from the soil and helps to maintain a uniform supply of moisture for your plants. It controls weeds without the use of chemicals, minimising the competition for light, water and nutrients. Disposal after use is not a problem because Hortopaper can be worked into the soil, adding organic matter and helping improve soil structure.

**Riegel Paper P/L, 32 Healey Rd, DANDENONG 3175. Ph: 03-794-0444.**

## LEAF GUARD SYSTEM

The Great Barrier Leaf system is the first all-Australian product that will prevent up to 99 percent of leaves from entering and clogging your gutters. The product is also widely used for bird proofing and deterring possums, it reduces fire hazard and is strongly recommended where rain water is collected for drinking. Unlike mesh systems, the Great Barrier Leaf is designed for positive fixing to the lip of the gutter and its semi-rigid qualities prevent it from falling into the gutter. The narrow vertical slits allow even the heaviest downpour to flow through. The product is made of high density UV stabilised polyethylene with a maintenance free life expectancy of 10 years or more, and is designed to fit all gutters.

**Podvill Pty Ltd, 116 New St, BRIGHTON 3186. Ph: 03-592-4455.**

# GRASSIFIEDS

## PROPERTY FOR SALE

### NEW SOUTH WALES

**PILLIGA NSW** beautiful old renovated 30 sq colonial home on ¼ ac block. Open fire, 4B/R, sunrooms, polished floors, huge organic garden, fruit trees and large number of native trees. Garage, shed, large feed shed and stable with loft. Home opposite lagoon with abundant fish and wildlife. Situated in sleepy rural village with ample employment. Price \$42,500. Phone owners AH 067-9642 ext 69.

**BETWEEN EDEN and Bombala** — precious private land in this wilderness area, all bush, well watered, from \$22,500 for 35 acres. Ring Nancy on 047-841-020.

**HAMLET DEVELOPMENT**, Murwillumbah area. Council approved. Approx 12 ac per share, majority rainforest setting. Adjoins state forest, absolute privacy assured. From \$17,500. For details write to Palmview, 50 Poynton St, HUGHES 2605. Ph: 066-793-333 AH.

**BARRINGTON TOPS AREA**, 300 ac virgin forest, perm water, rock pools, waterfalls. Part rainforest, many species ferns. 4WD access, abundant wildlife, 3 boundaries state forest, unlimited potential, very reluctant sale. \$55,000. Ph: Adam 02-882-352.

**LARGE 2B/R house**. Well set up; solar panels, S/C stove, phone, hot water, open fire, estab gardens, good water, owner built. Comes with half share in 60 ac mainly bush, shared orchard; creeks, river frontage, good access. Located Rocky Hall, Towamba Valley, 1 hr Bega, Merimbula, Eden beaches. \$48,000. Ph: 064-934-536 or 066-212-463.

**DRAKE NTH NSW**. 240 ac, well forested, steep sloped with creek flats, perm creek, 3 dams, 1 large. Some fencing, some fruit trees, levelled housesite, 34 x 27 ft pole constructed shed, (could be a dwelling), mud and timber dwelling 20 x 25 ft with loft, phone. Access to school bus, all weather access, negotiable by 2WD, better with 4WD. Ph: 067-376-701.

**NORTH NSW**. 26 ac hilly forest, grassy slopes and creek flats, secluded valley, perm creek, 2 dams, abundant wildlife. Fruit trees, avocado, mango, macadamia, pawpaw, citrus etc. NE aspect, elevated sandstone block home, passive solar design. 2 storey, cedar windows and doors, exposed beams, timber panelling, Chinese slate floors. 2/3BR, screened verandah and decking. Independent power, gas cooking, refrigeration, hot water, wood heater, septic, phone, 25 min Casino. Ph: 066-641-269.

**MACKSVILLE** rainforest retreat, perm river, water holes, 2-3B/R timber house, ½ share in 43 ac. Phone available. End Taylors Arm Valley. \$35,000. Contact C Jones, 1-3 Warner St, MANUNDA 4870. Ph: 070-311-438.

**200 ACRES Cathcart sth NSW**. Undulating to steep mostly untouched, 4WD access, fruit trees, small log cabin, tank water, fire pump, perm running creek, fern gullies and tall timber. Regretful sale. \$65,000 neg. Ph: 064-949-165.

**UPPER EDEN CREEK** near Kyogle. 240 ac freehold, rainforest regrowth, slopes and valley, creek access. \$48,000. Send SAE to Taeni, BARKERS VALE 2474. Ph: 066-897-231.

**HOUSE**, 20 ac bush, school bus, ½ hour beach, town. \$50,000. Ph: 066-448-316.

**TABULAM AREA** — 40.49 ha natural bushland, deceased estate, urgent sale. \$20,000 ONO. Ph: 02-630-1306 after 4 p.m.

**ORGANIC MARKET GARDEN** 9.176 ha basalt soil, sheds, plenty water, on edge of town. Home site, power, phone available, town water. Asking \$50,000. Frank Parry Ph: 067-323-635 BH, 067-322-490 AH.

**NAMBUCCA NTH COAST**, secluded 40 ac, adjoins state forest, 4 ac cleared, northerly aspect, excellent soil, vehicle access to home site, 20 mins to town. \$40,000. Ph: 066-527-377, 065-687-525.

**86 ACRES Tweed Valley**, magnificent mountain views, rainforest gullies, spring fed perm creeks and dams. 15 mins Murwillumbah, 20 mins coast, yet secluded, never flooded in. Lovely 40 x 25 ft mudbrick building. \$109,000 ONO. Solar setup optional. Tom Pearce, Blakeney's Rd, STOKERS SIDING 2484.

**NIMBIN** old world style twenty square home on large block on edge of village. High ceilings, bay windows, modern cork and tile kitchen and bathroom. Long northern verandah has views of lovely timbered creek and mountains. This secluded home has a peaceful, rural atmosphere and is only a short walk to village shops. \$87,500 ONO. Sally Kortekaas, 18 Thorburn St, NIMBIN 2480. Ph: 066-891-282.

**MUDGEES HILLS HIDEAWAY** 50 ac, spectacular views, partly cleared, slopes and alluvial flats, suit grazing, honey, grapes. 2B/R house to lock-up, wired 240 and 12 volts, hugs hillside, physicist owner calculated orientation and overhangs for maximum winter and minimum summer sun. Fully fenced, dam, creek, 10,000 gal concrete tank, new generator, pump, gas frig, cupboards, 6 berth caravan. \$38,000. Ph: 02-449-3115.

**SUB-TROPICAL ISLAND** nth NSW near Broadwater, rainforest, pontoon, tractor, \$95,000 or rent \$150 pw. Peter, 2/10 Irvine St, WATSON 2602.

**1 HR PORT MACQUARIE, TAREE**, 562 ac rainforest, timber, creeks, 80 ac cleared, heaps potential, suit community, shares, incl bulldozer, tractor, implements, mill, sheds, solar cottage, caravan, chooks, beans and potatoes ready Dec, cattle worth \$13,000. Altogether \$125,000, less cattle \$115,000. D Howorka, Ponsford Rd, COMBOYNE 2429. Ph: 065-504-148.

**NORTHERN NSW NYMBOIDA** 65 ac, good access, shed, creek flats, close proximity to river, partially fenced, hoop pines, potential grazing or crops, use of stockyards, close to small school and shop, 45 kms to Grafton. \$35,000. Ph: 066-494-216 or write D Newall, Nymboida St, NYMBOIDA 2460.

**NYMBOIDA** 25 ac. Good access, power & phone avail. Nth'ly aspect, frost free, 6 kms to school & shop, abundant wildlife. \$20,000 ONO. Ph: 066-494-216.

**SAPOTE ORCHARD** Nymboida-Grafton, 300 sub-tropical/temperate irrigated mixed fruit trees, 25 ac timbered, good soil, river, caravan, sheds. \$49,000. Ph: 066-494-257, 536-397.

**HUNTER VALLEY** 6 arable ac of sandy Wollombi Brook frontage, suit weekender. \$24,000. Ph: 07-254-1045.

**DEADLINES: GR 71 — DECEMBER 30TH  
GR 72 — FEBRUARY 28TH**

**NYMBOIDA** 100 ac. New dam, springfed, good access, creek flats, undulating to steep, forest. \$35,000. Ph: 066-494-216 A J McKay.

**NAMBUCCA VALLEY** 39 ac small mudbrick home, separate shed, beautiful situation next state forest, 20 mins town and beach, 3 paddocks, timber, ample water, orchard, power. \$75,000. Ph: 065-690-869.

**UPPER COLLOMBATTI** 25 km NW Kempsey, mid north coast, 45 min. unspoiled beaches, 3.5 fertile ac, approx. half cleared half light forest, various fruit trees, deep permanent creek frontage, big swimming hole, enchanting open plan pole frame house, effective solar orientation, phone, mains power, HWS, LP gas and fuel stove, slow combustion fire, piped rain and creek water, sep. library/office. Also separate studio building approx. 3½ squares with power. Suit high or low tech. cottage industry. All weather access, friendly community. Small bush infants/primary school nearby. \$45,000. Owner Ph: 065-668-353.

**500 ACRES MOUNTAIN** property edge of Warrambungle Nat Pk, peaceful, secluded, situated 16 miles west of Coonabarabran (near Bugaldie), pine stand, 3 dams, springs, power & phone available, long road frontage, great potential, urgent reluctant sale. \$40,000. Melb. Ph: 03-232-9605.

**FAR SOUTH COAST** — 30 ac with older style 3B/R fibro and w/board cottage (partly renovated). 40 minutes from Pambula with spectacular views, high rainfall, top volcanic soil. Established berry garden & orchard, ample shedding, old dairy, spring water, power and phone connected. Easy access from main road, top value. \$61,000. Contact Lex. Ph: 044-217-066 BH.

**NIMBIN** — 5 ac; rustic cabin, s/c stove, hot shower/bath, gas fridge/cooker, water pump, rainwater tank. Phone, no power, verandah overlooks creek, tortoises, platypi. Fruit/nut trees, natives. \$42,000. Ph: 066-840-124.

**MODERN 3B/R home** — all mod cons., town water, phone, power, fuel stove, rainwater tank, sheds. Organic garden — natives, herbs, fruit and nut trees, grapes. 1.7 hectare block, well fenced 4 sections. Quiet river town, all facilities, plenty work available. \$59,000. Ph: 069-684-331.

**MOOBALL BEACH** — approx 35 sq open plan, natural timber and stone home on 5 N/E undulating ac. 3B/R with built-ins, land on all sides. Mezz floor, cathedral ceilings, ocean & rural views. Approx 2 ac herbs yielding healthy income, fully irrig. sheds and equip, est orchard, enormous potential to expand. Auction on site 14-1-89. Ph: Bronwyn or Jeff 066-771-512 or auctioneer 066-741-103.

### QUEENSLAND

**GYMPIE 57 ACRES** freehold hilly bushland, small A-frame house, state forest 3 sides. Phone, solar power, concrete tank, wood stove, hot water, permanent dam. 11 km south of Gympie. \$65,000. Ph: 02-699-4249.

**STANTHORPE**, highway frontage, immaculate 2B/R cottage on 27 ac, plus 3 ac on 3 sep. deeds. Estab commercial breeding aviaries and goat stud. Fully fenced, unlimited water, irrigated paddocks for vegies etc. Rail to market opposite, 40 x 30 shed with 3 phase power. Lots more. \$85,000. Ph: 076-834-343.

# GRASSIFIEDS

## PROPERTY FOR SALE

### QUEENSLAND

**SE QLD TARA.** \$36,000. Freehold acreage and business. 37 ac, established fruit/vegie run. Vegetable producing property, 20 mins town, telephone, school bus, mail service. Log cabin (fridge, gas stove), fruit trees, dam, water pump, 8 hp diesel generator, 30 hp diesel MF tractor, rotary hoe, 1 km poly pipe. Ph: 074-653-606.

**CHILDERS** — 7 ha, timbered, dam; phone, power avail, sealed road, school bus handy. \$20,000. Ph: 085-642-803.

**SE QLD 26 ac,** timbered, views, orchard and dam, close to primary school and large town. \$15,000 neg. Ph: 071-865-171.

**FORTY ACRES,** attractive dwelling, converted 9 x 6 m shed, septic, shower, loo. 2 x 2000 gal tanks. Solar, comb stove, carpet, furnishings, phone, garden, vegie garden, large dam, solar pump, 500 gal damwater tank. Lots of trees, quiet, birds. \$27,000. Ph: 071-641-129.

**CARMILA WEST QLD 100 ac** ex-caneland, quiet picturesque valley, 1 hr Mackay, fertile soil. Underground irrigation from perm running creek, rainforest area. Av. 55 in yearly. Modern 4B/R home, power, phone, bore, 5 bay shed, 12 km fishing beaches, 8 km school, shop, railway, school bus past door. Ideal spot peaceful self-sufficient lifestyle. \$125,000. Ph: owners 079-502-219 or 079-503-916.

**5 ACRES NANANGO,** mins from pleasant country town, 1½ hours Brisbane; selectively cleared, res behind block. \$8000 ONO. Ph: 079-744-108.

**COASTAL FREEHOLD** almost 4 ac with an excellent dam and views across the harbour. Quiet natural area only mins from the Great Barrier Reef. This is a beautiful place to raise children, retire, rediscover life. The local council is friendly as are the neighbours. \$21,500, can assist with finance, Rodds Harbour. Ph: 079-742-155.

**MILES QLD, 134 ac,** Darling Downs, 45 with crop. Dams, natural spring, bore. 3B/R home, elec. etc. Good fencing, new machinery shed, est. house orchard with 2 est. vegie/herb gardens with irrig, old dairy, 16 km from town. \$92,000. R Jackson. Ph: 03-386-2522 AH.

**CHARTERS TOWERS Qld, 157 ac** Broughton River area, bore, electricity, phone, dwellings, fully fenced sub-division, approved 3 blocks. \$37,000 ONO. PO Box 410, CHARTERS TOWERS 4820. Ph: 077-871-366.

**BIO-DYNAMIC/ORGANIC** market farm, on trickle irrigation, established outlets, fruit trees, 2B/R comfortable temp dwelling, dam, bore, spring, 60 ac, sheds, magnificent views, 50 mins to Toowoomba, 1½ hours to Brisbane. Would consider exchanging for similar property in southern states. Price \$90,000. Ph: 076-981-313 or 07-204-4299.

**PEACEFUL SECLUDED VALLEY 93 ac,** Noosa hinterland, good 4B/R home, solar, gas stove, HWS, lge liveable shed, hilly, 70% timbered, frost free, noise and pollution free, perm creek, abundant wildlife, 100 lychees, good organic garden & orch, school bus, could suit small community. \$135,000. Walmsley, Box 26, POMONA 4568. Ph: 071-851-253.

**STANTHORPE 46 ac** f/hold, elect/phone available, partly cleared, dam, sealed road, mail delivery, school bus, ideal for fruit/grapes or hobby farming, caravan on site included. \$26,000. M De Boer, C/- PO, AMIENS 4352.

**BIGGENDEN DISTRICT 305 ac,** 1 km frontage highway, surveyed road one side of property. 4 dams, power, phone, bore, ideal goats, cattle, fenced, future improvement subdivision allowed from 1 ha. Price \$56,000. Ph: 077-417-272.

**YARRAMAN (BRISBANE VALLEY) 5840 sq. m,** gently sloping rural block, double garage, power, water, septic toilet, deceased estate. 1½+ acres. \$15,000. Ph: 07-390-8082.

**CLAIRVIEW BEACH,** halfway between Mackay/Rockhampton on Bruce Highway, Qld. Absolute beach frontage. Vinyl clad home on 898 sq. m. New gas stove/rangehood, ceiling fans throughout, sleepout, 2B/R with air conditioners and carpet, solahart, inside & o/side toilets, 2 x 5000 gal. concrete tanks, 1 x 1000 gal. galvanised tank, patio at front, bore, lge shed, garden shed, fernery. 5 fully grown mango trees, many citrus trees, coconut and other palms and native flowering trees. \$68,000. Ph: 079-417-857.

**HOUSE FOR SALE** historic nth QLD, 3½ hrs drive to Cairns, 2 BR, s/out, being painted. All amenities. \$30,000 neg. Ph: 070-976-683.

**378 ORGANIC ACRES,** frost free, town water, power & phone, school bus, solid 2B/R house, brick piggery, dairy, stockyards, 2 dams, enclosed garden. Approx 70 ac cultivated. 6 ac arrowroot for stock feed, 120 estab fruit trees, 300 lavender bushes planted, 600 more to plant. Caterpillar 'D4'. Diesel tractor, list of machinery, saleable timber in forest, 700 garlic plants, plenty of wildlife. Freehold. Sale price \$125,000. E R & E M Salmon, Gayndah Rd, HIVESVILLE 4612. Ph: 071-689-392.

**CLAIRVIEW BEACH.** Halfway between Mackay/Rockhampton on Bruce Highway, Qld. 422 m² allotment. Absolute beach frontage. \$22,000. Ph: 079-417-857.

### TASMANIA

**UPPER ESK, N/E Tas,** Sth Esk River frontage, access from sealed road, power & phone available. \$16,000 neg. Webster Tyne, River Rd, MATHINNA 7214. Ph: 003-771-158.

**DERBY, N/E.** Unique cottage on 4½ ac with viable small business. Suit single/couple, sleeping loft, power, town water, S/C stove with excellent HWS connecting to bath in floor in front of open fireplace. \$20,000. Write S Speirs, C/- PO, DERBY 7264.

**NORTH WEST COAST** bargain. Period style hall partially transformed into 2 storey residence (30 sq.). Lounge with exposed oregon beams, celery top pine posts & baltic pine feature wall. Kent-style wood heater, S/C & elec cooking, wood/elec HWS, bath & sep shower, septic, laundry etc, concrete tank. Adjoining above on separate title 18 sq. corrug iron shed, sliding doors, concrete floor, lifting gantry, plus 2 car garage. Both titles ½ ac each, bitumen road frontage, power & phone connected, 20 mins from coastal town with all facilities, located on tourist route in idyllic setting, suited to cottage style industry. Reluctant sale. \$29,000. Ph: 051-942-230.

**DOVER, W/B CHURCH** on tourist highway. Unlimited potential as retail outlet — coffee shop, healthfoods, antiques, even residential! Fully carpeted, pot-belly, entirely lined baltic pine. \$25,000. Ph: 002-981-122.

**MATHINNA TAS 3B/R** house, shop and freehold petrol outlet, lge double block, shop and adjoining rooms used as a w/shop (private), huge development potential, features too numerous to list, close to all services, a great lifestyle in a beautiful area. \$53,000 plus SAV. Ph: 003-771-160.

**IF YOU'VE EVER DREAMED** of running your own small business (antiques, gallery, crafts, plants) this could be it! Very comfortable fully renovated home with cute nineteenth century cottage adjoining (2 titles) in Dover, fishing/tourist town sth Tas. Main house has heaps of oregon, baltic, cork, slate, wine cellar, w/shop. 2-room cottage lined baltic pine (presently used as teenager's 'flat'), large storage shed — and yes, together they're \$69,000, not \$169,000! Ph: 002-981-122.

**HUON VALLEY (Glendevie),** large 3B/R W/B home on 15 ac, overlooking beautiful valley. Land suited to agriculture, incorporating disused roadside shop, formerly used to sell vegies, crafts etc. Great business potential, 5 mins to beach, 50 mins sth of Hobart. \$67,000 neg. Ph: 002-976-224.

### VICTORIA

**57½ ACRES** — rugged mountain top, boulders and natural bush, eastern peak of Mt Bolton. Breathtaking views over Western District, 15 mins from Ballarat, partly fenced, some pines, dam. \$55,000. Ph: 03-578-8587.

**ABSOLUTELY BRAND NEW** double brick (Sunshine) house on 5 ac of land, T/C roof tiles, has 29 sq. living area, 9 sq wide veranda around, supported by 21 brick columns. House is raised 1 m from ground — beautiful site. Interior, 4B/R with big BIR, each robe with smooth sliding doors & full length (from ceiling to floor) mirror door. Big living room, dining-room, sitting room, passage, sewing room, spare storage room, phone, 3 toilets, 3 showers, spa (including ensuite with phone), 3 vanity basins with mirrors above them, open fire, gas heater, big modern kitchen with combustion & elect stoves, town water throughout as well as rain water in kitchen & 1 shower. Dishwasher, elect & wood HWS as well as under pressure gas hot water system. Sliding windows, curtains, good hardwood floor covered with carpet in BRs & tiles elsewhere. Excellent house, built to last. Also lovely big 14 sq brick garage. Half completely separated for cars only with 2 roller doors. Other half (double brick) separated in half again for other purposes, cellar or whatever. Cement floor t/out, double carport joining garage & house. 23,000 gal concrete rainwater tank, 2 big vegie gardens with water taps next to them & 4 town water taps around the house alone. Big goat shed & area fenced out for them, chooks shed & area fenced out for them, 2 other steel storage sheds, many different young fruit trees & other trees with trickle irrigation to most of them, herbs. No chemicals, fertilisers or pesticides are used on the land at all, school bus nearby, sealed road all the way & only 5 mins to city. \$337,000. F Bradac, 32 Williams Rd, WANGARATTA 3677. Ph: 057-216-321.

# GRASSIFIEDS

## PROPERTY FOR SALE

### VICTORIA

**EAST GIPPSLAND** 50 ac, secluded, good soil, perm. dam, 4-5B/R steel house. Comb stove, gen power plus 30 x 22 ft shed, fitted out beds etc. 3 pumps, sprinklers, firewood, tractor, 17 km from town. Must be seen to appreciate, please no dreamers. \$120,000 WIWO, ONO. Write R & K Scott, PO Box 478, MAFFRA 3860.

**WARRAGUL AREA** 64 ac, hill country, 2 houses, cattle yard and loading race. \$175,000. Ph: 056-261-416 after 8 pm.

**30 MINS BAIRNSDALE**, 150 acres hobby farm, 8 acres 12 ft high fenced wildlife area with 9 dams for fish and breeding birds, lots of aviaries, large shed for living, generator, pot-belly, slow combustion stove, perm creek 70% cleared, natural bush, creek flat and hills, quiet. 15 mins amenities. \$120,000. T Bristow, RMB 2212, VIA STRATFORD 3862.

## COMMUNITIES

**SHARES AVAILABLE** in 400 ac forest/rain-forest mountain community. 50 km west of Taree, NSW, 10 km to shops, PO, school, food co-op. School bus 4 km, perm creeks, vegetarians preferred. Approx. \$8000 per share. Enquiries welcome. Write T Sparling, C/- PO, ELANDS 2429.

**SHARE WANTED** in spiritual/vegetarian community. Prefer far nth coast/hinterland NSW or Sunshine Coast/SE Qld. Contact Mike, PO Box 335, MURWILLUMBAH 2484.

**ROSEBERRY CREEK** community Kyogle. One ninth share in 513 ac. Includes 2B/R self-sustaining house. Solar power, 2 dams, 2500 gal tank-water, orchards, sheds, pastures, rain-forest, plus innumerable communal assets. \$41,000. Ph: Joanne 066-364-249.

**'WYTALIBA'** 50 km Glen Innes. M/O 3500 ac, very comfortable timber home, 6 yrs old, on ¼ ac, 100 yds Mann River. Community of 130 adults, 40 children. Public school (to primary level) nearby. Bus to Glen Innes 3 times weekly. Photos on request. \$30,000 (includes 1 share in unit trust). Leila Keenan, 'Wyaliba', Old Grafton Rd, GLEN INNES 2370.

**HALF SHARE** 247 ac Doyles River Elands via Wingham NSW. Undulating to steep, timbered, perm. water, phone, no power. All weather access. \$25,000. Ph: 065-504-522.

**NEW ENGLAND**, inground dwelling, council approved, overlooking river on alternative life-style community. Fully equipped with 12V electricity, water pump, water tanks, generator for 240V, gas fridge, gas freezer and washing machine, well estab gardens, good access. Contact PO Box 375, GLEN INNES 2370.

**EXCELLENT SHARE** Tweed Valley, 150 ac, 17 shares, choose your own house site (3 ac). Tweed Valley north aspect, good views. \$9000. Ph: 07-263-5095 or 066-897-315.

**10 AC SHARE** in 800 ac community on far nth coast, NSW. Plenty bush, wildlife, friendly talented people. Site has dam, shed, use of tractor implements. Building permit, no dogs or cats. \$17,000. Neville & Denise Gardner, 105 Hunter St, LISMORE 2480. Ph: 066-219-732.

**YULUNGA** — spiritual community project inspired by 'Course in Miracles' emphasising universal one-ness and spiritual growth. (Creative refocussing and rebirthing taught at Yulunga Centre.) Seeks dedicated members motivated to help establish a healing community. Send SAE to Yulunga, BARKERS VALE 2474. Ph: 066-897-231.

**NIMBIN** mudbrick house of 11 sq in elevated bushland setting, 2 ac of garden and orchard surrounding. Solar power with solar/combustion stove hot water, + gas stove, Franklin fireplace & phone. 20 mill lt community dam nearby supplies ample water for irrigation and house via 2 in buried pipe. Small community with varied interests on 500 ac of M/O approved company title land, mainly wet sclerophyll forest. Access fair, 2WD (nearly) all weather. Nimbin 15 mins Lismore 40 mins. \$45,000. Ph: 066-871-684.

**NIMBIN NTH NSW**, 2-7 ac surveyed shares on 'Avalon' community. 2WD access, council approved water line to each. 180 ac of common, deep creek with many water holes forms boundary. Secure council approved setup. Suit environmentally minded, any age. \$13,500. Contact Mark Taranto, C/- PO NIMBIN 2480, or message 066-891-492.

**FOURTH** (and final) share of Pinpuna Farm, Nymboida, NSW, 42 ha (100 ac), fully fenced on boundaries with frontage on Nymboida River. Undulating terrain with alluvial creek flats — choice of 2 house sites. Improvements include: large dam, 3 paddocks, small dairy herd, partially planted orchard, vegie garden, estab craft-w/shop, laundry, chook-yards, areas of forest regeneration. 'Pinpuna' means shared and the three resident families have individual house-areas, but share responsibility for communal areas, including animals. Not on power grid, house-holds have own alternative power, 240V generator at workshop/laundry. Interests amongst members include: music, woodwork, puppetry, stained-glass, pottery, leatherwork, jewellery, organic gardening, alternative technology. Collective aim is to become as self-sufficient as possible by sharing resources and work-load. Property is approx. 45 km from Grafton and 7 km from small primary school and general store/restaurant. Contact Annie and Chip, Pinpuna Farm, RMB Glens Creek Rd, NYMBOIDA 2460.

**ROSEBERRY CREEK** Kyogle nth NSW established 1978. Ninth share in 513 acres, farm house, dairy, workshop, tools. Combines benefits of community lifestyle with own quiet secluded housesite and private or community access. Double creek frontage backing onto state forest. Tropical and citrus orchards, large hydro-power dam and underground pipeline to creek, large poleframe with all materials on site to complete including 7 sets French doors, large amount t & g flooring, chamfer-boards and much more. School bus. \$23,000. Karen or Gary, C/- PO, WHIPORIE 2470. Ph: 066-669-166.

**TYAMOKARI** earth renewal. We are establishing a permaculture based community. Earth first, no compromise. 28 miles nth of Lismore, 8 miles to shops, schools. Workers and doers required, self-sufficiency aims, 215 acres, water, some housing, walk-in deposit \$2000. Full price \$10,500. Lot 2, Stoney Chute Rd, WADEVILLE 2480. Ph: 066-897-275.

**LILLIFIELD COMMUNITY** has only a few shares left and is now pa using to consolidate. We regret that, for the moment, we are not accepting applications. Our thanks go to the many, many varied and interesting folk who have responded to our notices and especially to *Grass Roots* for providing such an excellent forum for people like us.

**COMMUNITY SHARE WANTED.** Please see 'retreat land' under property wanted classification.

**THORA BELLINGEN VALLEY**, north coast NSW, twelfth share in an entire valley. 1100 ac of crystal clear streams, rock bottom pools, rainforest, hardwoods, creek flat meadows and tranquility. Close to Steiner School. \$40,000. Ph: 066-558-550.

**TWO ACRE** private house site, 1 of 10 shares in 200 acre M/O, ten minutes Mullumbimby, undergoing council approval. Rest of land for community use and forest. \$28,000. Contact Cathy Duray, Repentance Creek Rd, ROSEBANK 2480. Ph: 066-882-162.

## PROPERTY WANTED

**ACRES**, house optional, with organic garden, orchard started or estab. Not in vicinity of farm spraying. Good water supply, on or around nth to central to sth coast NSW. G & E Bellew, 3 Paton St, ANGLESEA 3230. Ph: 052-631-750 AH.

**LEASE — OPTION** to purchase property, well timbered, plenty water, good quality soils to 100 ac. Within 200 mile Perth. Write Bill Hipworth, 20 Findon Cres, PERTH 6061 to arrange inspection.

**RETREAT LAND** wanted, reasonable access, totally secluded, comprising some acres of easy care scenic country, north coast NSW preferred. I have commitments in the city except for 3 mth every year. During this time I need to be quiet and spiritual. The ideal would be in a M/O of like minded people and/or good neighbours to tolerate reclusiveness when I'm there and keep an eye on the place when I'm not. If you can help please write. Also people with similar needs, please communicate; we might be able to help each other. PO Box 110, BROOKLYN 2253.

**HOUSE**, 3/4BR with adjacent shop and/or workshop between Gosford and Murwillumbah. Ph: 03-736-1376.

**5-10 AC BUSH** Castlemaine area Vic, north aspect, good access. Contact Andre, PO Box 43, GLEN IRIS 3146. Ph: 03-654-8265 BH, 03-288-0024 AH.

**5-100 AC** within Qld with approved home, water essential, electricity if possible. Gary or Tess, 1/550 Varley St, YORKEYS KNOB, CAIRNS 4878. Ph: 070-519-667.

**NOVICE GR COUPLE** seeking to buy corner of paradise with estab home in far nth NSW. The idea of community appeals. 11/39 Maryvale St, TOOWONG 4066. Ph: 07-371-4108.

## BUSINESS FOR SALE

**WHOLEFOODS COFFEE** shop and delicatessen Tas country town, 45 mins from Hobart. Attractive older style building in shopping area, incl shop with plant & equipment, 1B/R flat, 2 outbuildings on double block, estab 3 yrs, suit couple. Potential for expansion. \$75,000 + SAV. Ph: 002-971-797.

# GRASSIFIEDS

## BUSINESS FOR SALE

OUR TOURIST business has grown too large for what was a working holiday idea 4 years ago. Mind you, supplying reef resorts and Cairns shops and markets is fun but we are buying a farm now and 'going organic'. Most of the tourist items are specially handcrafted for us in Qld which is a must for overseas visitors now coming in droves. We can phase you in but you need \$50,000 somewhere along the line. It will completely change your life and the income will allow you to enjoy the 3 or 4 days off per week in tropical style. Ph: 070-937-088.

**NATURAL FOOD GROCERY** — Ulverstone Tas. A unique health food store on the NW coast of Tasmania. Wholefoods, bulk grains and flours, herbs, flour mills, home brewing supplies are just some of our diverse stock range. Opportunity for husband-wife team to enter growing business with excellent potential. Leasehold large premises, incl craft shop. T/O 87/88 \$173,000, asking \$49,000 + SAV. Phone or write for a detailed profile, to Bob Wiseman, C/- Leven River Traders, 37 King Edward St, ULVERSTONE 7315. Ph: 004-254-884 BH, 004-255-746 AH.

**BELLINGEN NTH NSW** laundrette, est 5 years in growing township, operates 5½ days/week, easy work for husband/wife team. Takes \$600-\$650/week. Long lease, pleasant environment. \$40,000. Ph: 066-551-601 BH.

**MOE WHOLEFOOD INN** BYO restaurant, lunches Mon-Fri, plus Thurs-Sat evenings, excellent potential, unique recipes, genuine reason for sale. \$40,000 WIWO. PO Box 163, MOE 3825. Ph: 051-277-020, 056-331-739.

**TWO SHOPS**, lovely Bonalbo Nth NSW, one leased (\$300 pm) other ideal woodwork/craft, coffee shop, healthfood, secondhand, studio. Includes old building to convert for living under trees. This town has all amenities and a promising future. \$65,000. Ph: 066-631-457.

**AUCKLAND NEW ZEALAND** — well established centre. Therapies including osteopathy, naturopathy, homoeopathy, acupuncture etc. A warm professional atmosphere set in attractive gardens. Price includes premises and practice. Bruce Harper, 40 Titirangi Rd, New Lynn, AUCKLAND NZ.

## COURSES

**WICCAN HOME STUDIES** and Australian Aromatherapists Association correspondence courses, certificate and diploma. Aromatherapy and post graduate aromatherapy, safety and security, psychic self development, psychic healing, Wicca. Past life or predictive readings on tape by mail. Free brochure of study choice, or applications for AAA membership. Clair and Simon Lorde, PO Box 80, LANE COVE 2066. Ph: 02-699-6166.

**LAND MANAGEMENT COURSE.** Conserving land for the future. Orange Agricultural College, a national centre of rural education offers for home study a practical hands on tertiary course for the thinking manager. For obligation free information send name, address and phone no. to Orange Agricultural College, PO Box 883, ORANGE 2800. Ph: Dennis Hodgkins 063-635-521.

**DEADLINES:** GR 71 — DECEMBER 30TH  
GR 72 — FEBRUARY 28TH

## TO RENT

**NATURE LOVERS** retreat close Lake Wivenhoe, 3B/R Qld house on 100 acres of beautiful forest. Hundred fruit trees, vegie garden, water no problem, power off generator and battery, phone connected. Rent \$80, bond \$300, references required. Only caring and competent people need apply. Wolfram Borgis, 69 Simmons Rd, RAYMONDS HILL 4305.

**STRATH CREEK** Vic. mudbrick house, 50 ac to let to vegetarian, non smoking people till end of Jan. \$90. Gen power. Ph: 057-849-243.

**NEW COTTAGE** in beautiful bushland, set in foothills near Kempsey on clear creek. Family/couple wanted for 1 year. \$50 week. Ph: 02-982-6838.

## SERVICES OFFERED

**ASTROLOGER**, homoeopath and herbalist, qualified and experienced, offers correspondence counselling in all personal and health problems. Michael Sweeney, 30 Bowden St, CASTLEMAINE 3450. Ph: 054-724-969.

**EDUCATED & MATURE** German man with a creative, inventive talent and a great love of handcrafts, art and music seeks a position in art, healing, farming, teaching in a rural area (or near city, ocean, mountains). As a vegetarian, non-smoker, non-drinker with a knowledge about nutrition, I've also got some experience in natural healing, visual art, farming and gardening and have a professional background as a tradesman/electrical mechanic. I'd love to share my experience and to learn more for the advantage of others and for my own spiritual development. I would welcome your suggestions. Please write to Heinz, GPO Box 2060, ADELAIDE 5001.

**PENFRIEND COUNSELLING** service. An ongoing counselling service by mail. If you are experiencing disease, physically or emotionally and want to correspond about your life, past, present or future, write to our qualified counsellors at PCS, PO Box 194, ST ARNAUD 3478. Further details forwarded in reply. Confidentiality assured.

**HAVE YOUR HOROSCOPE** done. Just out, approx. 25 pages Computer Interpretation written in a clear style. It will tell you issues that are part of your life and give helpful advice. What you do in life is up to you — good start is cheque/MO for \$25 payable to Othmar, 30 Dunstan Rd, AVONSLEIGH 3782, together with your date, place and time of birth and your name and address.

**OUTLOOK ALTERNATIVES** have moved to 52 Faithfull St in Wangaratta. Outlook Alternatives specialise in central heating, solar hot water, solar electricity, wood fired heaters, and energy efficient house design. Ph: 057-219-900.

**FLOWER ESSENCES** a simple and effective method of healing for use in every home. We supply an extensive range of stock bottles at \$2 each. Send 2 stamps to Natural Flower Remedies, PO Box 1796, MACCLESFIELD 5153.

**NUMEROLOGY.** Full personal reading. Send complete name, any nickname, birth date for you and your partner. Special GR price \$15 plus large SAE. M Holland, PO Box 25, KINGSTON 2604.

**REDUCE STRESS**, lose weight, feel younger, stop smoking. Dr. Ann Wigmore's wheatgrass and living foods programme, comfortable accommodation, thorough training, family atmosphere, low prices. Write or phone for free details now: Hippocrates Health Centre of Australia, 21 Monaro Rd, MUDGEERABA 4213. Ph: 075-302-860. Featured in 'Woman's Day' and 'Extra Dimensions'.

## EXCHANGES

**1B/R, HARBOUR-VIEW**, city-centre unit owner seeks same 1B/R accommodation exchange for summer holiday only on W coast Tasmania (preferably). Interested parties, please contact me, Ms Maguy Harris, C/- PO, FREMANTLE 6160.

**HOLIDAY HOUSE SWAP.** Jan 3-4 weeks. Have house Dandenongs Melbourne. Want simple accommodation between Port Macquarie and Murwillumbah. Caravan will do. Ph: 03-736-1376.

## WANTED

**PENSIONER LADY** 33, child 10, needing board or share house arrangement, Brisbane area, wanting to further studies at Brisbane College. I'm non-smoker and genuine. Please reply Kate, C/- PO Box 764, SHEPPARTON 3630.

**ARMIDALE** lady with child — 9, urgently needs accommodation to share or caretake. Attending UNE next year. Melanie Stevens. Ph: 066-651-237.

**WOMAN** 45, fit, physically active. American background, now Australian citizen. In Canberra since 1972. Loves outdoors — swimming, canoeing, bushwalking, horse riding — also travelling. Seeks share accommodation or community, coastal NSW, Qld or rural Vic, near natural waterways, forests, riding country. Needs to be near work: teaching (high school), offices, shops. Jeanne Klovdahl, 13 Cordeaux St, DUFFY 2611.

**THE CONTINUUM CONCEPT.** A book about child development currently out of print I believe. I'd like to buy a copy from anyone having one to sell. Contact Eileen Davies, 17 Robinson Rd, MILLNER 0810.

**ACCOMMODATION REQUIRED** for young family of 3, while we build mudbrick home. Between Picton and Moss Vale, from Jan 89. Vegetarian, non-smokers, will share. Bim Morton, C/- PO, HAZELBROOK 2779. Ph: 047-592-169 BH.

**WANTED ENERGETIC** self motivated person for the position of cook, housekeeper on a horse racing and breeding stud, some child care also, must have own transport. Non-smoker, must love children and dogs. Applications in writing to BDRS, PO Box 3, BINNUM 5262.

**WANTED TO RENT** with oppo to buy small acreage with house in SE Qld from early Feb 89. Couple in early 40s with 2 adult children. Wally Glisson, 52 Alfred St, AITKENVALE 4814.

**MOTHER AND 10 yo daughter** looking for cottage from 2/89 while mate builds. Interested in learning permaculture. Reply L Wills, C/- PO, PALM BEACH 2108.

**COUPLE MOVING** from nth Qld to NE Vic. Want to rent small farm house. Ph: Shane or Debbie 077-786-215 reverse charges.



# GRASSIFIEDS

## WANTED

**WANTED — SOMEONE** to 'house-sit' for family travelling for 6 months. House is 50 km north of Bendigo. Like reliable person who enjoys gardening. Write R Ford, C/- J A Ford, Knee St, TATURA 3616.

**CINVA RAM** Ph: 076-951-418 evenings.

**CARETAKER** accommodation required for quiet Christian pensioner family at Hervey Bay Qld from 10 Jan 89. Experienced in gardening, farming. Elizabeth attending senior college. Intend to build on own block future. Bruce & Vonda Lockhart, 10 Kelvin St, PENGUIN 7316.

**SHAREFARMING/CARETAKING.** My wish is to grow vegies organically (maybe biodynamically), to sell at the local markets. As my capital is limited I'm seeking an arrangement involving sharefarming, or use of a couple of acres (with water) in exchange for a day or so work or for caretaking. I'm a hardworking male in my 40s, not into drugs, a slight preference for coastal regions e.g. north NSW or Qld. However the big factor is to find the right people wherever they may be for an ordinary yet alternative person to work together with. All I seek is a happy situation with relaxed friendly people commencing early in 1989. Barwon Johnston, PO Box 98, GYMPIE 4570.

**DISTRIBUTOR** for cassettes of beautiful, relaxing music played on zither and guitar. Contact the Lyrebird School of Music, 63 Morrie Cres, NTH BLACKBURN 3130. Ph: 03-898-8950.

**WANTED BABYSITTER** for a house in Cooktown. Retired lady preferred, own single accommodation. Dale, PO Box 123, COOK-TOWN 4871. Ph: 070-695-374.

## OPPORTUNITIES

**YOUR OWN BUSINESS**, become independent with additional income or a full time business. Full details send \$6 to B Cox, PO Box 624, IPSWICH 4305.

**WOULD YOU LIKE** your own market stall but are unsure of what to sell? Would you like to sell a quality product? Have you creativity and imagination? We are a small soap manufacturing business in Tasmania and we can offer a good price on unpackaged soap. The soap is handmade, and high quality, containing no animal products. Write to GPO Box 929, HOBART 7001, or Ph: 002-311-454.

**START YOUR OWN business.** Come to a free demonstration of Herbalife Products that have created health and wealth for thousands. Call Sydney 02-953-8919/922-1399 messages.

**TWO YOUNG PEOPLE** living in Cairns area with first hand experience in tropical fruit growing have a commitment to integrating alternative (i.e. organic) growing methods with commercial viability. We are looking for others who are likeminded with view to purchasing/leasing land on coastal strip. All replies answered. PO Box 302, EDMONTON 4869.

**BALLARAT SCHOOL** for Rudolf Steiner education is currently seeking a class one teacher to commence teaching in Jan 89, we invite applicants to contact Philip McNamara, PO Box 2, MEREDITH 3333. Ph: 052-819-284.

**WE REQUIRE** an extra special mature couple or lady on her own to be employed part time in our beautiful health resort near Taree NSW. Free accommodation, home grown vegies, share farming opportunity. No smoking. Pensioners welcome. 'Floraion', Mount George 2424. Ph: 065-506-553.

**4B/R HOUSE**, acres, SEC. In return for caretaking small farm. B McLean, Box 180, RAVENSTHORPE 6346. Ph: 098-383-070.

**GENUINE OFFER** to double or treble one's current income while working from home. No capital outlay, no special skills required. For details send SASE to Fortune Enterprises, 9 McKinley St, NORTH MACKAY 4740.

**WOULD YOU LIKE** your own business? Send long SASE to The Manager, Aberac P/L, PO Box 654, NARRABRI 2390.

## MISCELLANEOUS

**WINDOW SASHES**, craftsman built, Australian cedar, pulley system. 11 prs (houseful) never used. Cheap to genuine person. Ph: 02-579-2160.

**BOOKS** — pre-owned, good condition, crafts, health, family, land, nutrition etc. All post free. Send large SAE, Bookcraft, Box 157, AUGUSTA 6290.

**SAVE AND DO** it the Quick Brick way. Quick Paver, Quick Brick, Quick Form (in situ block maker) and Quick Ram (earth block machine, Cinva ram type). The fastest & easiest machines available in Australia. Send SAE for brochures to Quick Brick, PO Box 627R, GYMPIE 4570 or phone 071-827-099 anytime. You can do it yourself the Quick Brick way.

**CERAMIC OCARINAS** for sale. Beautiful handmade wind instruments for all ages. Seed pod shaped with lovely carved design. Comes with instructions & music. \$14.95 each. Prompt delivery. Send cheque or M/O to B K Niven, C/- PO, PORT FAIRY 3284.

**INTERNATIONAL HARVESTER 3 HP** stationary motor, petrol start, kerosene run. Used to run overhead shearing gear but recently made redundant by electricity. In good going order and has many many hours of work still in it. Ideal for running pump or generator. \$200 ONO. Ph: 064-588-164.

**GOUT CONTROLLED.** 400 year old recipe that works. Send \$2 and SAE to Paula Mann, 7 Myrtle St, MILTON 2538.

**AIR IONISERS** made in England, asthma, hayfever etc. 60 day money back guarantee. Plain white finish \$125, gold trim \$145. Ion Probe of Australia, PO Box 1136, NORTH SYDNEY 2060. Ph: 02-953-8919/922-1399.

**NEW — GARDENERS**, farmers and fishermen — get great results with Hybrid African Nightcrawler earthworms. Imported from America these beauties can grow up to 12" long. Being larger than red or tiger worms they work faster, leaving a finer soil. Convert your organic waste into 1st class topsoil. Just \$29 per 1000 + \$6 p & p per order. Instructions (including fattening for bait) with every order, delivered door to door. Send cheque, M/O or Bankcard, Mastercard or Visa to Super Worm, PO Box 149, INALA 4077. Ph: 07-372-6267.

**DEADLINES:** GR 71 — DECEMBER 30TH  
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**FUEL STOVE.** Rayburn, double hotplate, two ovens, saucepan rack, cast iron and enamel in excellent condition. Includes water heater and tank. 30 years old. \$1100. Mudgee. Ph: 063-738-302.

**SOLAR PANELS** 42W \$750, 2 x 24V cast aluminium wind generators \$800 ea., 1100W 24V inverter \$1000, all equipment 6 months old. 6 x 2V batteries \$420. Ph: 049-970-080.

**PURE LINEN TEA TOWELS** for screen printing \$18.15 per dozen. Peacemeal Products, PO Box K532, HAYMARKET 2000. Ph: 02-358-6783.

**REVERSE OSMOSIS** water filters, remove chlorine, fluoride, bacteria, viruses and many other contaminants. Gillian Summerbell, PO Box 1519, HORNSBY 2077. Ph: 02-477-2838.

**MAIL ORDER** medical supplies. Price list available from PO Box 83, INGLEWOOD 6052.

**SPECIAL REDUCED RATES.** 1 kg net weight of mixed size worms (approximately 4000 worms) for \$35 including freight NSW. \$4 extra interstate. For gardeners, fishing-bait and aquarium food. We will not be beaten on price or quality on any order large or small. Enquiries to Wormborough Farm, PO Box 794, TAREE 2430. Ph: 065-539-633.

**BLUE DAZZLER** torch/searchlight. Powerful 30 watt beam and heavy duty battery rechargeable with ordinary 12 volt charger. Direct from factory price \$75 each. G B Douglas, PO Box 215, WHITSUNDAY 4802. Ph: 079-466-738.

**ORGANIC BIO-LOO** as new condition, requires little maintenance and no water, council approved. \$600. Ph: 059-898-256.

**CHIP HEATERS.** No electricity needed for instant hot water, operates from town or tank water supply. \$135 including packing and postage 'Heaters', 358 Centenary St, ALBURY 2640. Ph: 060-215-469.

**EARTHWORM SPECIAL.** Only \$11.50 for 1000 plus \$1.50 p & p or \$7 for 500 plus \$1.50 p & p. Always generous overcount plus full instructions. Offer for 2 months only. 'The Big Worm', PO Box 149, 42 Redhead St, DOOLANDELLA 4077. Ph: 07-372-6267.

**MEDITATE** on the inner Light and Sound and transcend body consciousness under the guidance and protection of Master Sant Darshan Singh. True spirituality is a gift from God and is given free of charge. For further information please contact Sawan Kirpal Ruhani Mission, 63 Morrie Cres, NTH BLACKBURN 3130. Ph: 03-898-8950.

## HANDCRAFTS

**ESSENTIAL OILS**, pot pourri & natural products for aromatherapy and craft work. We are the manufacturers of raw materials for making massage oils, soaps, cosmetics and household products. Our extensive range includes: essential oils, absolutes, fragrances, vegetable oils, gums, waxes, extracts, pot pourri, herbs, spices, essences, pottery, containers. Buy them from us direct, small or bulk sizes and save with our low prices. Send stamp for free catalogue to AUROMA, PO Box 187, Richmond 3121 or call in at our shop at 68 Burwood Rd, HAWTHORN 3122.

# GRASSIFIEDS

## HANDCRAFTS

**TARTAN SCARVES.** Hand woven, pure Australian wool, most setts, 5' x 9". \$45 your tartan, \$40 if I suggest. SAE: Wallace Barns, 204 Civic Pde, ALTONA 3018. Ph: 03-398-1153.

**SANDALWOOD** suitable for carving & perfumery, \$25 kg pp, 500 g min. Other sandalwood products also available. Enquiries & payment to Sandalwood Products, Box 169, LINDFIELD 2070.

**DO YOU WISH** to paint beautiful Australian landscapes in oil? My 2 hr video can teach you faster & better than you can imagine. \$52 incl postage VHS or BETA. For information contact Len Hend, RMB 502, MULLUMBIMBY 2482. Ph: 066-841-027.

**FLOOR LOOM** (Art & Crafty, Adelaide), 4 harness 40" weaving width, has 8 dent reed (new). \$450 (offers). Ph: 088-621-880.

**WATTLE CREEK** Herbal Products. Hand-made soaps, fragrances, essential oils, pottery, bath salts, creams etc. Ideal for market stalls, crafts & gift shops, health food shops. Made in Tasmania. Write to our mainland agents for free catalogue: Badge A Minit, 32 Chapel St, NORWOOD 5076. Ph: 08-363-1655.

**50 UNUSUAL HANDCRAFT** ideas. Little outlay \$10. 6 natural cosmetic formulas \$20. Brookcraft, PO Box 157, AUGUSTA 6290.

**POTPOURRI & SACHET SUPPLIES.** We now have the largest range of materials for potpourri work at the lowest prices in Australia — potpourris, flowers, herbs, spices, essential oils, books . . . and much more. Small or large quantity, our price and range is the best. Write for free mail order catalogues: Potpourri & Sachet Supplies, PO Box 53G, NORTHCOTE 3070. Ph: 03-489-8405.

**BOWNING MARKET**, friendly country market, arts, crafts, produce, secondhand etc. Playground, refreshments. 1988: Dec 10th; 1989: Feb 26th, Mar 26th, April 23rd, May 28th, June 25th. New stalls welcome, come see! Ph: 062-276-131.

**ANGORA RABBIT** fibre bagged and weighed. \$2/oz, 2 natural colours or white. 20 oz total. Gill Rayner. Ph: 056-281-620.

## LIVESTOCK

**BULLOCK**, 1 yo Jersey. For vegetarian family, to be kept alive. Maryborough. Ph: 054-614-760.

## GARDEN AND ORCHARD

**'AISLINN ORGANICS'** (member ORGAV) specialise in organic, open pollinated, non-hybrid vegetable seedlings and wholesale vegetables. Herbs coming soon. Orders taken, small or large quantities. Growers let us raise your seedlings for you. If you have vegetables or fruit for sale we would love to hear from you. Ph: Jackie or Clive 059-643-921.

**LIKE A HERB GARDEN**, then take advantage of our spring special, 10 herbs (our popular choice) ready to plant for just \$10, incl packing & postage, send cheque or M/O now to Sue's Herb Garden, MS/299 Wits Rd, BUNDABERG 4670.

**DEADLINES:** GR 71 — DECEMBER 30TH  
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**GOURD SEEDS.** It's time to plant your gourd seeds, for all your gourd information we have it in our latest edition of our magazine. \$3.50 includes p & p. Seed pkts \$2. Coloured ornamental corn seed also available. Please send SASE to John van Tol, 187 George St, EAST MAITLAND 2323. Ph: 049-336-624.

**ALOE VERA** Barbados plants, 2 for \$5 incl postage. C Williamson, BURNETT DOWNS, BUNDABERG 4670.

**KINGS SEEDS** — 440 varieties, herb, flower, oriental and gourmet vegetables and dried flower seeds. Send \$5.50 (p & h incl) for our colourful 1987-89 catalogue and 1988 supplement. Supplement only \$1.00 posted. Send SASE for price list and order form. Wall charts on using herbs — \$3.75 each + \$2.00 p & h per order. Kings Herb Seeds, PO Box 14, GLENBROOK 2773.

**COMPREHENSIVE** catalogue Australian native seeds. 1800 species. Price \$6 posted. Bliss Partnership, 'The Cedars', BUNDARRA 2359.

**SEEDS OF UNUSUAL** useful plants. Open pollinated oriental and hot weather vegies, fruits, fragrances, curiosities, low maintenance flowers. 50c pkt. For list 2 x 37c stamps to L Blaney, Wallace Road, BEACHMERE 4510.

## FOOD AND KITCHEN

**SUPERB TASTING** cholesterol-free milk, egg, butter, also low-calorie high-fibre fruit juices, high-fibre low-salt bread, low-fat no-cholesterol dessert, example ice-cream. Water purifier also available. If you have asthma, unending cold, diabetes, hay fever, bowel problem, ulcers, high blood cholesterol, these foods may be good for you as they have been good to many others. For information send SASE to E T & N Fortune, Box 53, STH MACKAY 4740.

**PURE DRIED BEE POLLEN**, sprayfree, from non agricultural flora. 450 g @ \$8.50, 1.9 kg @ \$30. Island Bees, PMB Althorpe Isle, COWANDILLA 5033.

**MILL YOUR OWN** stone ground wholemeal flour for cakes and bread at home with a Retsel Little Ark Stone Flour Mill. Endorsed by Housewives Association. Write for catalogues to Retsel Distributors, PO Box 712, DANDENONG 3175 enclosing 3 x 37c stamps or telephone 03-795-2725. Distributor enquiries welcome.

## HOLIDAYS

**ORPLID VEGETARIAN** Holiday Farm on Tamar River, own shoreline, boats, wholefoods from our organic garden, single and double room with C and H water. Lifestyle books and tapes, meatless cooking classes and organic gardening sessions, special exercise and diet for overweight, counselling, part payment and help in garden possible. Kayena, RSD BEACONSFIELD 7270. Ph: 003-947-174.

**ENJOY A FEW DAYS** of paradise at 'Floraion'. Mount George NSW 2424. Delicious & healthy vegetarian/chicken/fish cuisine. Special diets catered for. Organically grown produce, home baked breads. Luxurious en suite accommodation yet only \$73 a day twin share, swim, tennis, magnificent bush & river walks. Superb craft studio free tuition. Adults only. Coloured brochure 065-506-553.

**BED AND BREAKFAST**, Linton 30 km from Ballarat. Good area for birds, walking, riding, BYO horse/bike. Weekends, school holidays. Further information phone 053-447-340 AH.

**LA MANCHA HEALTH** centre, Wollongbar 2480. Motel-like accommodation. Beautiful rural environment. Professional help with medical problems or have a healthy holiday. Low rates. For brochure 066-295-138.

**VISIT KOOKABURRA FARM.** See commercial organic market garden with pigs, poultry, sheep, cattle, working horse and bees. Also mudbrick building and demonstration, dam, windmill, farm walk (about 1 hr duration) and Devonshire tea for \$5 adult, children free. Located 12 km from Pacific Highway. Take Bowraville turnoff at north end of Macksville bridge. Open Sundays (and school holiday Wednesdays) at 10 and 3. Ron and Dale Hawkins, Kookaburra Farm via BOWRAVILLE 2449. Ph: 065-647-461.

**FARM HOLIDAY**, new cabin, all cons., 80 miles Perth. Ph: 098-876-025 for brochure.

## CLUBS AND SOCIETIES

**JOIN AUSTRALIA'S LARGEST** garden club. Members receive quarterly magazine, free seeds, access to extensive cassette lending library. Write to The Secretary, PO Box 110, MAPLETON 4560.

**LET'S GROW GARDEN CLUB.** A new correspondence club with Glen Heyne, John Mason, Graham and Sandra Ross and Mike Keelan. Benefits include: subscriptions to Garden Scene Magazine (usually \$27); mail order catalogue; exclusive plant and seed collection; workshops, courses, tours and holidays; special discounts on books, tools, products. etc. Send \$30 annual subscription to 'Let's Grow', The Garden Cottage, Malmsbury Rd, DAYLESFORD 3460.

## CONTACTS

**LADY ATTRACTIVE**, slim, 35, new to nth end Sunshine Coast with 2 young daughters, own home, adventurous, caring, open, vegetarian. Enjoys beach, camping, isolated areas, reading, wining, dining, gardening. Lived on yacht 5 years, loves boats and cruising lifestyle. Like to meet a sincere, intelligent, non-smoking, together, masculine guy to 44 who shares similar interests and is neither fat, skinny nor short and is fond of kids. Reply Sue, C/- PO Box 764, SHEPPARTON 3630.

**MALE**, 34, vegetarian, non-smoker, non-drinker, quiet, spiritual type, into yoga, meditation, universal peace, natural foods, simple country living, planning to purchase community share around nth NSW. Seeks similar lady any nationality for relationship, view marriage. Mike, PO Box 335, MURWILLUMBAH 2484.

**ATTRACTIVE INTELLIGENT** male, 31 yo, 6 ft, slim, blue eyes, brown hair, moustache, living nth coast NSW, enjoy doing almost anything, beach, movies, fishing, night out & homelife, love animals; own home on 3 ac. Seeking slim attractive lady to 35 years from any area, who would like to settle down in the country by the seaside. Write Geoff, C/- Box 764, SHEPPARTON 3630.

**ROD** would you call again please, Barbara.

# GRASSIFIEDS

## CONTACTS

**GENT 37, 6',** fit, health conscious, seeks attractive partner for caring relationship & help on 170 ac organic orchard, Gold Coast hinterland. Interests include conservation, horse-riding, surfing, building, homelife. Contact Rob K Hine, Beechmont Rd, CANUNGRA 4275. Ph: 075-435-630.

**LADY 42,** seeks companion with whom to build up secluded bush lifestyle and later live completely alternatively when technological control comes in. She's sensitive, innovative, capable, creative, free-thinking, has income, loves bush, the real. He's similar, awakened, financial, practical, can drive, build, sees and seeks same future. ALA. Bonnie C/- PO Box 764, SHEPPARTON 3630.

**VIRGO MALE 5'8",** 10½ st, with mountain retreat 200 km Brisbane, would like to meet nature loving lady with some means around 55 years young, max 5'4" and 9 stone, with view to perfect forever relationship. Write Bill B, 1/48 Toorak Rd, HAMILTON 4007. Ph: 07-262-8610.

**LADY, PETITE,** home loving, 2 children, likes walking, music, bingo, would like correspond with gent 42-50, non-smoker, non-drinker. Joan Temble, PO Box 248, GARBUTT, TOWNSVILLE 4812.

**MIDDLE 50s,** divorced country man, carpenter by trade, light drinker, smoker, wants to meet lady on property to pool resources, view permanent arrangement. Genuine person, expect same. Tired of being alone, any area, mutually beneficial arrangement sought. Please reply Allan, PO Box W144, DUBBO 2830.

**GAY LAWSON LADY** in Blue Mountains, own home needs like company 40's 60, gets depressed being so alone. Please write A.L.A. Edith, C/- PO Box 764, SHEPPARTON 3630.

**WIDOWER,** early sixties, seeks attractive lady, desirous lasting quality relationship. Prefer progressive thinker, maybe interested chess, good music, reading, outdoor life. Residing 65 ac farmlet 5 mins shopping centre, N/E Vic. William, C/- PO Box 764, SHEPPARTON 3630.

**PRINCESS,** princess where art thou — thou of my dreams? I describe myself as gentle of nature, sensitive to the needs of others, strong in self yet needful of camaraderie with a close one; a burning need to laugh (even if only at myself) and to be joyous each day; poor, male, forties. No particular hangups or offbeat views — open minded on all approaches to life and living. I'm looking for a stable situation in a country setting. To share with another the rising sun and a day's toil growing plants, to be languid with the setting sun, to be with ourselves in the evening whether muscle tired or keen in anticipation. An ex-smoker, a non-druggie, but I do like a glass of wine over a moonlight dinner. BJ, PO Box 216, LISMORE HEIGHTS 2480.

**AMBITIOUS,** caring, Christian naturopath, 43. Likes most music, dancing, movies, travel, bush walks and restoring classic cars. Seeking gentle, caring intelligent, slim, well groomed Christian lady who appreciates alternative medicine and living, view permanent relationship. Reply Kevin, C/- PO Box 764, SHEPPARTON 3630.

**I SEEK A LADY** spiritual guide, to Uluru and beyond. Have a 4WD, am into camping. I'm Jethro, 36, 5'10", 11 stone, Aries water dragon. Smoker, not into drugs. Please write. Jethro, 29 Kennedy Dve, PT MACQUARIE 2444.

**PISCES MALE** seeks female companion to share dream of travelling Australia by motor-home — lazing on beaches, fishing, bushwalking, working, visiting communities with intention of finding land to establish a retreat with a loving, sharing environment. So if you're into meditation, rebirthing and wish to join me, write about your dream. Gerald Hughes, C/- PO Box No 5, FREMANTLE 6160.

**GENT, 34, 6'3",** 14 st, in prison, would like to correspond with lady with GR interests view to a permanent relationship, eventually like to have children. I smoke, don't drink, have about one year to serve. I'm no angel but if I can find the right person I have a lot of loving and caring to give. C G Kellett, Private Mailbag 11, NORTH ROCKHAMPTON MC 4702.

**INTELLIGENT CARING** father of 2 girls (7 & 9) seeking slim affectionate lady to assist with enjoying our coastal, tropical lifestyle. This 39 yo is well travelled, loves music, food, and the sea, and is currently (trying) to decide on a new house plan that will maximise the needs of ourselves, 2 dogs and an open happy nature where everyone 'drops in for a cuppa'. Please write or call Mervyn, Bells Rd, RODDS HARBOUR 4678. Ph: 079-742-155.

**TAUREAN 68 kg,** 175 cm, has beautiful rural life to share with slim non-smoker lady 40-50. Interests — art, music, swimming, canoeing, garden, golf, gemstones. Castlemaine. Ph: 054-632-353.

**SHY AUSTRALIAN 37 yrs,** sincere, honest, 167 cm. Govt employee, rural, seeks soulmate with view to friendship/marriage. Lady to 29 yrs should have sense of humour, mature outlook, reasonable education, be non-smoker, affectionate, able to communicate, be happy in small town and have hobbies. M Tallin, C/- PO Box 764, SHEPPARTON 3630.

**SINGLE MAN, 43, 65 kg,** 170 cm, fair, interests gardening, bushwalking, animals, non-smoker, light drinker, would like to correspond with lady of similar interests, view relationship. Michael, No 1, Fifth Ave, BASSENDEAN 6056.

**HI, I'M A 50 yo Aussie male, 5'6"** Piscean, no ties or hangups, presentable, light on hair but not on humour, omnivorous, NS/SD, sincere, relaxed, friendly disposition, have beaut peaceful 27 acres, building soon. Lover of nature/outdoors, fishing, animals, music, reading. Not into drugs, religion, politics. Is there an affectionate, good humoured GR lady out there under 45 yo possibly Cancer or Pisces who would like to correspond? View perm relationship. Please reply Brian, C/- PO, WILLAWARRIN VIA KEMPSEY 2440.

**GAY FEMALE 28,** wishes to correspond with others who enjoy earthly lifestyle. Interests craft work, fishing, gardening, kids. Healthy outlook on life. Leigh, C/- PO Box 764, SHEPPARTON 3630.

**MELBOURNE WOMAN 46,** slim, sensitive, sensual, spiritual, student in alternative medicine, enjoys films, theatre, seeks spiritual man, any nationality, but sense of humour and within 50-60 miles Melb. Ph: 03-499-5784.

**TRIM, STRAIGHT BLOKE 56,** poet, artist, writer, ex-builder, raised 6, now solo. Educated 'university of hard knocks', non-smoker, non-drinker, interested in many areas of society. Believes in sharing and caring but sad about selfishness that abounds. Loves reading, meaningful communication, writing, music, nature, dancing, walking, driving, woodcarving. Would value letters from folks who care about others, specially women who have grown from their traumas, but retained their sensitivity. Bob Gibson, C/- Amberlee Caravan Pk, ROSEBUD 3939.

**LADY, 51,** educated, practical, with intelligent well-mannered son, 8, would like to share quiet country living, classical music, books, gardening, with open-natured, intelligent man. Presently own small property Lismore area but prefer move to cooler climate. Please write Valerie C/- PO, ROCK VALLEY 2480.

**GAY WOMAN 47,** seeks communication with others in Dural Arcadia areas. Non-smoker, love animals, movies, fishing, bush. Value friendship, not into scene ALA, easy-going, average looks, fair. S Patterson, PO Box 309, ROUND CORNER, DURAL 2158.

**TRAVELLING NORTH —** are you a woman who loves the great outdoors, has a high intellect, attractive personality and aesthetic sense and wants to explore with fit and active, retired, professional man aged sixty? RLS, Post Restante, GPO, MELBOURNE 3000.

**ARE YOU AN INDIVIDUAL** of integrity, complexity, emotional maturity, global outlook, stable but not constrained by convention, and haven't given up your dreams and fantasies and settled for the mediocre? Seeking a relationship of depth and trust, based on an affinity of spirits, one in which each partner complements the other's sense of caring, acceptance, affection, respect, fun and humour? You need to be anti-sexist, unstereotypical, with a passion for justice, beauty, nature, individuality of course. I like morning whispers, back rubs and laughter, rainbows, sunsets, the ocean, wildflowers, solitude, people, moonlight, intellectual pleasures, a penchant for the arts, philosophy, psychology, humanist socialist looking for Mr Left, childless from choice and smokeless. Plan to have one child with compatible partner. Age 37-45. Replies to Christine, C/- PO, HAWKESBURN 3142.

**CHRISTIAN LADY 51,** with sense of humour. Plays accordion, organ, piano, cornet, writes poems, gardening, outings, TV. Seeking company of financially independent gentleman, help with garden needed. Willing to move, eventually, if I have to. Pauline McClounan, 36 Wishart St, WONTHAGGI 3995. Ph: 056-722-455.

**ARTISTIC,** practical, sensitive, earthy, spiritual woman with sense of humour, loves painting, surfing, farming, natural living with an odd luxury here and there. Looking for healthy, sharing, caring man 50-60 that does not want to vegetate but live well while we can. Olga, PO Box 472, GRAFTON 2460.

**VEGETARIAN Cancer,** German male, 1.87, slim, mature, creative, spiritual, non-smoker, non-drinker, would like to meet nice, attractive, dark female 21-34 with common interest in art, music, spiritual/wholistic healing. Non-conformist. Please write Advertiser, GPO Box 2060, ADELAIDE 5001.

# GRASSIFIEDS

## CONTACTS

**INTELLIGENT WOMAN**, independent means and spirit, working towards self-sufficiency, organic gardening on acres, enjoying life and nature. I would like to hear from sensitive practical man 45-55 age group, seeking similar life. Fay Spring, C/- PO, CORAMBA 2450.

**SINGLE MALE** 36 years, large build. Currently working to own 10 hectares at Gidgegannup, WA. Interests include boating, fishing, music, aquaculture, gardening, ad infinitum. Seeks lady 26-35 years view to long relationship to help put it all together. All answers replied to. Bill Bain, PO Box 158, KOOLAN ISLAND 6733.

**I AM A CARING**, sincere 28 yo male seeking a confident expressive and creative lady or single mum who likes semi country living, who has no hang ups. Please write to P Payne, Lot 36 Pythias Crt, MILLGROVE 3799.

**INTRODUCTIONS**, soulmates, friends, understanding help. Full details, SAE, 'Consultus', PO Box 105, CLONCURRY 4824.

**WOULD YOU LIKE** to share your GR dreams with a gentle, caring, nature loving earthling, a 'Kindred Spirit'? Why not start something really special by writing to your soulmate and let it build into something really special. Ladies, it's free. Guys, it's only a moderate fee. Write to Shelley, Checkmate New Encounters, PO Box 492, MACKAY 4740. Ph: 079-512-187.

**GUY, 34 YEARS OLD** living and working in Sydney, striving to get ahead, loves the outdoors and the beach, would like to settle up the coast if all goes well. Enjoys music, movies, good food, bush-walking and of course quiet times at home. Loves to rage but suffers the after effects. Seeks lady with a pleasant disposition who wants to go forward for mutual companionship. Tony, C/- PO Box 764, SHEPPARTON 3630.

**LADY 31**, keenly interested in heavy horses, cows, plants. Experienced organic flower and vegetable grower, other interests include velvet, incense, swimming, building, architecture and stone huts. Genuine lover of animals and rural life. The sea is an important part of my life too. Would like to join, meet, correspond with person, persons or group with similar interests and enthusiasm for life. Please write Diana Horton, C/- PO, COWARAMUP 6284.

**DEADLINES: GR 71 - DECEMBER 30TH**  
**GR 72 - FEBRUARY 28TH**

## PUBLICATIONS

**'HEALTHY PACKED LUNCHES'** follows popular 'Little Red Lunch Book', variety and healthy lunches, money order \$8.00. Heather Pitt, PO Box 207, MUDGE 2850.

**IMAGINE!** (formerly Maggie's Farm) alternative network magazine. A unique experiment in access press run by a volunteer collective as a regular news service linking many citizen initiative groups and networks world-wide. Planet earth news, hues and views. Eco-action, health & healing, new technology, psychic reality and communal lifestyles. 4 issue sub \$12. Imagine, PO Box 151, LAWSON 2783. Ph: 047-514-846, adv. 02-728-4591.

**THE WORM'S TURN**, garbage to compost with worms. A guide to making compost on a daily basis. Mail order \$2.95 (postage included). Tarean Worm Farm, PO Box 1021, KNOX CITY 3152.

**EDIBLE NUTS of the World** — Menninger, 175 pages hardback. \$16 posted. EDP Services P/L, PO Box 37, MERMAID BEACH 4218.

**DONKEYS** — Introduction to Donkeys — indispensable handbook for all those interested in donkeys. \$5. Available from Sandralynn Underhill, PO Box 121, KENILWORTH 4574.

**THINKING LIKE A MOUNTAIN** — Towards a Council of All Beings — a series of poems and expositions to awaken the reader to the power of reaffirmation of the natural ecosystem. An inspiration for a New Age. \$15 posted from the Rainforest Information Centre, PO Box 368, LISMORE 2480.

**A CONSUMER'S GUIDE to Safer Pest Control** — explains how to reduce the use of pesticides and promotes the use of low hazard pest control products. Available for \$2.00 from Total Environment Centre, 3rd Floor, 18 Argyle St, SYDNEY 2000.

**'COOKING WITH LOVE'** Wholefoods for healthy babies and children, by Christine Hepworth. 52 pages. Recipes using wholegrains, vegetables, soyfoods (tofu, miso, soymilk), fruit. All natural, no sugar etc. Information on pregnancy, breast-feeding, weaning. Available from Author, PO Box 69, LAWSON 2783. \$5 post paid.

**LA MANCHA RECIPES** by Matthew Steele. 70 low-fat, easy-to-prepare, vegetarian recipes. Send \$4 to La Mancha Health Centre, WOLLONGBAR 2480.

**'MONEY FOR WOMEN'** Practical down-to-earth book on how to invest. Insights into what prevents women from becoming financially independent, strategies on overcoming obstacles. Aimed at women — useful for men too! \$7.00 (incl postage). Quintessential Press, GPO Box 1143, CANBERRA 2601.

**OATBRAN MUFFINS** quick mix recipes proved to reduce high cholesterol, healthy high fibre diet food. Send money order \$8.00. Joan Mackie, 42 Mayne St, GULGONG 2852.

**NEED HELP** with your bread baking? Try 'The Australian Housewives' Guide to Home Baked Bread — The Easy Way'. 28 pages of recipes and hints. \$2 posted from E Williams, PO Box 1998, GRIFFITH 2680.

**THE VOICE OF THE ORGANISM** — An educational publication devoted to the practices of Natural Living and Natural Healing. Informative articles on the Philosophy of Nature Cure, Diet & Nutrition, Organic Gardening, Vegetarian Recipes, all aspects of Natural Healing and restoration of health through a natural lifestyle. We do not prescribe or administer the use of any drugs, medicines, food supplements, herbs, tablets or any other 'curative' agent. Published quarterly; \$15 per year. Subscribe to K & K Hinton, 13 Baxter St, TOWNSVILLE 4810.

**THE GOATKEEPER'S MAGAZINE** for all the latest industry news. Covers dairy, fleece and meat. \$20 per annum (6 issues). Write to TGM, PO Box 232, INVERELL 2360. Bankcard welcome.

**FREE EARTHWORMS** benefits leaflet upon request. Includes prices and castings benefits. THE BIG WORM, PO Box 149, 42 Redhead St, DOOLANDELLA 4077. Ph: 07-372-6267.

**1989 ASTRO CALENDAR**. 28 page comprehensive biodynamic planetary planting and naked eye astronomy guide. Detailed monthly charts for plants and night skies, plus varied articles. \$7.50 post free. Keats, BOWRAVILLE 2449.

## LATE GRASSIFIEDS

**GYMPIE 35 ac** freehold, 2 hrs Brisbane. 2B/R home, elec, septic, rates \$160 per year, 3 dams, perm creek, 21 km to town. School bus passes door, small orchard, mandarins, lemons, figs, limes, herbs. Hybrid water lily, pump etc. Property secluded, good potential for young couple, elec & fuel stove. Selling owing to ill health and old age. Price \$65,000. Ring John 071-831-154.

Sender's Name ..... For issue No/s. ....  
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General advertisements cost 30¢ per word, and property for sale is 40¢ per word.


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# Feedback Link-Up Feedback

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## Dear Grass Roots Readers,

After 10 fulfilling years living out our personal dream of developing a harmonious, partially self-sufficient lifestyle on our patch of paradise we are at the crossroads of life. In order to reach out and help other people to achieve their dreams I have enrolled to study at a tertiary institution in WHYALLA, SA. We would dearly love to CORRESPOND with alternative people living in that area. The transition will be eased by having a network of contacts for friendship and support. In return we have much to offer in addition to our friendship; we have many skills in owner building, farm management, animal husbandry and cottage industries.

As we enter our 40s, life is changing radically, children are growing independent and we have made our physical mark on the world. We have planted trees, preserved and managed our forest and its inhabitants, tended to the needs of our livestock and gardens. Now it is time to devote our lives to enhancing the welfare of others — to look outwards beyond our own immediate needs and family. The alternative philosophy that we have developed has given us the guidance and strength to be different, to break out of the strait jacket of convention and the expectations of others. It has been through living in an extended family structure that we have had the human, physical and financial resources to bring the dream to reality. With the projected move we will again be a 'nuclear' family, a prospect that we don't relish. In the extended family of *Grass Roots* readers we hope that there will arise another person's dream that will mesh with ours. There is so much loneliness and social isolation in being conformist, and so much support and stability in belonging to an alternative family. Naturally, and being realistic, there are limits of tolerance to be considered. We are in our 40s, live very quietly, pursue knowledge and self realisation as one of life's goals and eat mostly vegetarian foods. Smoking, alcohol and other recreational drugs have no part in our life. While we are spiritually inclined, we have little time for the narrow minded pedlars of religion. Regards to all.

**Brenton and May Wheare and family**  
**PO Box 9**  
**RIDGLEY 7321.**

## Dear GR Readers,

Hi, I was wondering if anyone would know where I could purchase the following items: acorns, pine nuts, fern brackens, ginkgo nuts, jujube, and taro stick (stems). If anyone can help it would be very much appreciated. I urgently need samples. Thanks. No. 68 was the first edition of *Grass Roots* I have purchased, and I know it won't be the last. Keep up the great work.

**Sharon Rigby**  
**518 Brunswick St**  
**NEW FARM 4005.**

## Dear Editors,

This letter is a cry for help! The bulk of animals are found in country areas. Consequently it is in the country that cruelty and indifference towards animals is more likely to be found. I started the Anti Rodeo Lobby because of the lack of attention country areas receive from the big welfare organisations that all have their headquarters in the cities. I don't believe that these animal welfare organisations realise how the country animals cry out for help! I have horses and cattle that can be seen from the highway, when passing my place. These animals are now in permanent danger of being shot at, or hurt in some other manner, because of my public stand against rodeos. It has happened to others around here. I honestly believe that the city based animal welfare organisations have insufficient concern about the country animals, and also have little knowledge and idea of the risk defenders of animal rights are running in country areas. Rodeo might to the city man appear to have little impact on animal welfare and the behaviour of some country people towards their animals, but if that is the case then city people are out of touch with reality.

I need your support, if I am to continue successfully with my campaign against RODEO CRUELTY. Please don't underestimate the power of rodeo; inform the country media, schools, churches, councils, Apex and Rotary organisations, the Children's Medical Research Foundation and anyone else you think should know. I simply don't have the funds to attend to all organisations. There is so much to be done in the country areas, so please do not neglect us, here where cruelty is rampant and the risks for us, the defenders of animal rights, so high.

**Hans Waardenburg**  
**Anti Rodeo Lobby**  
**RMB 53, Pacific Highway**  
**TAREE 2430.**

## Dear Grass Roots,

My dream is going to be in existence soon. At the end of the year, myself, friend and fat dog are going to be moving out of the inner city of Sydney, to the northern NSW area around LISMORE/NIMBIN.

'Ah, they won't last', people say, as I turn a blind eye. Although it has been years since all that Aquarius stuff, I was only a little kid then. I fell for its powerful hills in 1985 on a brief detour to a 3 year sojourn at Armidale Teachers College. No hippies raced out and hugged me, no I didn't see funny mushrooms. But I got a nice loaf of bread from the bakery and a nice cup of coffee from the cafe. I decided that I would return one day to enjoy the air and the scenery.

CASUAL TEACHING is a shocking way of living in Sydney. It's full of stress, not to mention the drive in peak hour along King St, Newtown. I know there are not a lot of primary schools up there but we are great resources for children.

We haven't got a place to rent or live in yet, but hope to once the end of the year approaches. All we want to do is find a real life. When I look at my dog depressed in our 10 foot concrete backyard, I feel like going now, but our bank balances show that we have enough money at this stage to buy a year's supply of tissues only.

So before the end of the year, if anyone in that area or elsewhere can send us supportive words, friendship, any little bit of advice, we will know true gratitude, thanks.

**Gordon Reid**  
**5 Ducros St**  
**PETERSHAM 2049.**

## Dear Grass Roots Readers,

I don't know whether I'm amused or troubled over the apparent disagreement about how we define ourselves according to our DIET: vegetarian, semi-vegetarian, vegan, or 'eat anything'. Recently I have repeatedly seen statements that one is either a VEGETARIAN OR NOT, there is nothing in between — which seems to me to be a splitting of hairs over definitions rather than an appreciation of the reasons why one might choose not to rely on the flesh of other animals as one's main protein source. I believe these arguments arise when the spirit of compassion for the suffering we inflict on millions of animals is replaced by a selfish concern for our own 'purity' based on arbitrary rules and prejudices over what we should or should not eat.

Vegans might consider all the plants that suffer mutilation and death so that they can live; vegetarians might consider what happens to the cows once they stop giving milk. No matter how 'pure' we might be, we still have to kill to live, and it seems to me that the real assessment is not so much the occasional chicken between our teeth, but the hundreds our choice has saved from that fate.

**Joan Relke**  
**C/- PO**  
**WYEE 2259.**

## Dear GR Readers,

We are a vegan couple with a 5 month old daughter, and we currently run a city health food shop. In the not-too-distant future we would like to move to a rural area, probably on the east coast, north of Sydney. We are more concerned with sharing than self-sufficiency, and would like to be part of a COMMUNITY which does not support the exploitation of animals. We'd like to purchase a land share (with or without a residence) or possibly buy a business. If anyone has any ADVICE on where we should look to find a suitable place for us, we would appreciate hearing from them.

**Amanda Benham & Stephen Trotta**  
**225 Shepperton Rd**  
**EAST VICTORIA PARK 6101.**

## Dear GR Readers,

Hi! My name is Tracey, I am a single mother of two beautiful daughters Rose 2½ and Daisy 15 months. I was hoping someone could please give me some info on guest houses or HOLIDAY camps in a FARM ENVIRONMENT that cater for people in my situation, as I am in great need to have a break and relax, and where my kids can have a great time. Most places are very expensive for someone on a single parent's pension and cater for much older children. All letters will be answered and appreciated.

Thanks for a great mag, I really enjoy reading about people's experiences and ideas.

**Tracey Hook**  
**36 Judith Ave**  
**MT RIVERVIEW 2774.**



# Feedback Link-Up Feedback

## Dear Grass Roots Friends,

In answer to Donna McGregor's letter (GR 68): please don't panic as you are not alone. Find a good doctor at a children's hospital because Ventolin is just about the strongest spray you can get. Secondly look around your home and surroundings: if someone smokes or there is smog or pollution they can bring on an attack. Thirdly join the local Allergy Association — you'll find them in the phone book. They will be extremely helpful for all kinds of ALLERGIES. And fourthly buy 2 books — one a blank note book and the second a book called *Additive Code Breaker*, by M Hanssen, Lothian Publishing Co, RRP \$9.95. In the blank book you will have to be very honest with yourself and write down everything that the boys eat and find things that they can't eat. The code book you will have to take every time you buy food, you will have to check to make sure that there is no ingredient to bring on an attack.

A major concern has been the presence of the chemical sodium metabisulphite found in most beers, wines and preservatives. The chemical gives off sulphur dioxide gas which can have a severe effect on chronic asthmatics.

Some of the numbers of ingredients that asthmatics are not allowed are 220 sulphur dioxide, 221 sodium sulphite, 222 sodium bisulphite, 223 sodium metabisulphite, 224 potassium metabisulphite, 102 tartrazine, 107 yellow 2G, 110 sunset yellow FCF, 123 amaranth, 124 brilliant scarlet 4RI, 27 erythrosine, 132 indigo carmine, 133 brilliant blue FCF. These are the main ingredients that can bring on an attack. It's quite frightening as these ingredients are in a lot of the food that we feed our children. Another good book is *The A-Z of Health* author unknown. It says to give asthmatic sufferers bonemeal, cod liver oil and garlic tablets available from health food shops. I hope this information helps yours and other sufferers as we have had it in our family for the last 8 years.

**Robyne Neal**  
PO Box 336  
YANKALILLA 5203.

## Dear Donna McGregor,

Re your 2 ASTHMATIC children (GR 68): firstly don't stop using the Ventolin while you are trying to improve your children's condition, and don't panic! I have had asthma/bronchitis nearly all my life (except for 7 years that I didn't inhabit Brisbane) and I find that certain foods in excess (particularly sugar, dairy products) do aggravate the condition. Goat's milk is a good alternative. Also when it's windy and pollens and grasses are swishing around in the air, asthma gets worse. If you contact the Asthma Foundation they can give you information on how to improve your environment to combat asthma. We now live in a house with polished floors, no carpet, and this has helped, but our house is low lying, moist and damp in winter, this doesn't help, it's best to live in an elevated position if you can. I'd go to your local naturopath, acupuncturist too. I took my daughter when she was 2½ with asthma and was given massage techniques which helped. Swimming is very good for asthma, also yoga (deep breathing). My daughter is now 10½ and has not had asthma for nearly 12 months, but I'm also watching her diet, although not fanatical, as growing children need a good healthy diet, including some dairy foods. I travelled around Australia and overseas for 7 years and never had asthma once, so am convinced place is the main problem. South-east Queensland has the highest incidence of asthma in Australia. Vitamin C is also very important in combating asthma. When my daughter was younger I gave her plentiful Ribena and if she didn't have any for a week or so, she was more likely to get asthma. Also use natural or non-allergenic fibres where possible in bedding and clothes. I sympathise with your sentiments about the Ventolin but hopefully if you improve your children's diet and environment you will be able to cut down on the dose eventually. I'd also get another doctor's opinion, there are new less debilitating drugs for asthma now.

Good luck to you and your 2 precious children.

**Kerry McAleenan**  
86 Brisbane Corso  
FAIRFIELD 4103.

## Dear GR People,

We wonder if you could help us. We live in the dry country of western NSW and we get a lot of CUTWORM, it makes you cry when you see full grown plants and bushes just die. We have tried ashes but they did not seem to do the job. We have a large organic garden and won't use poisons. Thank you for your wonderful mag and books which are our bible. You all do a good job.

**Bruce and Iris Maley**  
Myall St  
TOMINGLEY 2869.

## Dear Megg, David and Kath,

Many thanks for your happy, homely and helpful magazine.

The *Grass Roots* readers survey results to date were indeed interesting. You seemed puzzled over 'people claiming to be semi or part vegetarian'. My husband and I claim this category simply because up until about twenty years ago we ate meat three times a day, every day, whereas nowadays we are down to once a day and not every day at that. Remarking on this fact, we agree we do not miss it, enjoying as we do more fresh vegetables, as well as cooked, and good additive-free bread. Of course, we do like a T-bone steak or leg of lamb still. Hope this throws some light on the 'semi' tag.

The following remarks are in response to Feedback letters appearing in GR 68.

Sandi Feller, I have had quick and successful cure of ringworm in grandchildren and puppies without undue discomfort from either subject. Apply vitamin E cream as site dries. As a girl I was once attacked by a RING WORM on my thigh. The ring reached about 2 in across. One day I was refuelling the old walk behind rotary hoe when I spilled a little petrol down my wormy leg. A day or so later I noticed with delight that the horrid ring was no longer active, and realised the petrol had done the trick. I had no ill effects from the petrol but do not recommend using it for treating ringworm. Iodine is effective enough.

Whilst on the subject of petrol, I'd like to mention the use of it for effectively removing attached SCRUB TICKS. Take a small screw top from an essence of eucalyptus bottle or any such like bottle, pour a few drops of standard petrol or drycleaning fluid into it and clamp it over the tick, all the while pressing down firmly for a minute or two. This treatment will kill the tick; if it does not back out and die, it will die attached. It can then be wound out without breaking off its mouthpiece which happens when attempting such action whilst alive. Besides, wrestling with the tick alive seems to cause it to release extra toxin. Spirit must be washed off after removal of tick. If victim shows signs of staggering or paralysis from tick find a doctor or vet as quickly as possible. Have tried several substances on attached scrub ticks without results; they are really tough, necessitating harsh remedies.

Les Shortland, your white ant deterrent would be simple and safe compared to the enforced use of Deildrin poured into house foundations. But, please, what is builders lime?

Colin Browne, of late there has been recorded several cases of tiredness sickness — cannot recall medical name for malady. A cure is being sought, I understand. However, meanwhile brewers yeast may be of some benefit to you. Also, BREWERS YEAST in some instances relieves depression. Do try to calm down and rest. Your system has enough to do coping with tiredness and pain, without adding to its load by becoming tense, worried and desperate — there are more things in life than football. There is life itself, for a start. So cheer up.

Jeannie Caudell, there is no way to check CAMPHOR LAUREL roots while tree lives! Even cutting out offending root is pointless — it will soon grow more. I understand some areas have declared camphor laurel a noxious weed, and rightly so. I only wish it was 'declared' in Queensland! They are taking over creek bank and country side at an alarming rate here, to the detriment of native flora. Seed is carried by birds and dropped everywhere. We have a constant task pulling up not only camphor laurel seedlings, but also privet, from under our orchard trees. These two introduced trees are a menace. Get rid of that tree before it wrecks your house! There must be natives suitable to your area to take its place.

Estelle Ethell, for years I too boiled our clothes in a copper. Only wish I'd never changed to washing machines. Actually, I find it takes just as long to get the laundry clean as it did in the old copper days. My present method is to wash in one machine and rinse in another. This way the washing comes out cleaner and sweeter smelling sans the sickly laundry detergent odour. Unless clothes are thoroughly rinsed detergent tends to build up in fabrics. I discovered this fact by test washing without added detergent. The wash water ended up with as much foam as if powder had been used.

Re *Grass Roots* organic fungicide hint of baking powder to combat POWDERY MILDEW — I use bi-carbonate of soda at the rate of 20 g to 10 lt of water with a few drops of wetting agent to rid pawpaws of powdery mildew with gratifying success. It works equally well on cucurbits.



**Greenie**  
C/- PO Box 764  
SHEPPARTON 3630.

# Feedback Link-Up Feedback

Dear GR,

I am moved to write and pass on some information in response to several letters in GR 67 (I have written direct to some of them also) and to make a few observations. Most of the requests in Feedback are for information on a diversity of matters; what most correspondents really lack is knowledge of where to find out what information exists about a certain subject, and where the information itself can be located. This subject is my speciality, as I am the compiler of the *Directory of Australian Directories* and currently have on my database over 1600 titles of directories published in and relevant to Australia. Some possible sources that would assist writers to GR 67 are as follows.

H Moyses of Port Pirie wanted information on what is involved in the financial aspects of SETTING UP A CO-OPERATIVE. I am not aware of what the legal aspects in SA are, but even for a SA resident I would recommend as general reading *Co-ops in New South Wales*, published by the NSW Ministerial Council on Future Directions for Co-operatives, and available free from the Department of Co-operative Societies, 161-169 Macquarie St, Parramatta 2150. Although the specific co-ops listed in the directory section are the ones based in NSW there is excellent introductory material on all the regulations, how to form a co-op, ethical and financial questions, legal definitions, and so on. Unfortunately, as far as I know, there is no equivalent publication applicable to SA.

John Saga of North Sydney and Elizabeth Boag of Wangaratta were asking for information on PLANTS, SOILS, etc., and these are fairly typical examples of such reader queries. For information on these and a wide range of similar subjects, I would highly recommend: *Australian Small Farms Handbook* by Mark Pearson, published by Second Back Row Press, PO Box 43, Leura 2780, 174 pages, priced \$12.95; and *Resource List for Organic Gardeners and Farmers*, compiled and published by Michel Porcher, PO Box 73, Gisborne 3427, may not be still in print, 22 pages, \$4.00.

There was a comment from H Paglino of Arcadia Vale on a letter in GR 65 that obviously asked about a DIRECTORY OF COMMUNITIES. Despite this correspondent's comments, there are at least two, smallish but at least something. The first is the list *Intentional Rural Communities Throughout Australia*, published by Green Alliance, PO Box 65, Cooma 2630, containing 43 entries; the current price is not known. Second is the *List of Residential Communities with Strong Religious/Philosophical Leanings*, compiled and produced by Bob Pollard, 7 Duncan Ave, Boronia 3155; it is a 2-page list which gives brief details of 24 such communities, and is available for a suggested donation of \$1, plus postage.

Nadine Ord of Auckland asked about NATUROPATHIC COLLEGES. I would refer her to two publications: firstly, the *Preventative Health Care Directory*, published by and available free from Preventative Health Care Publications, PO Box 304, Belgrave 3160. The second is *The Rainbow Pages: An Alternative Directory*, published by Search Centres, PO Box 99, Chatswood 2067, price unknown.

As you can see, it's mainly a matter of knowing who to ask. Most public libraries within Australia can provide similar information on sources and resources, free of charge. I will also answer, if I can, similar queries direct from any readers that care to write to me, but only on the subject of directories and only in response to an SAE with the query. I would also very much appreciate any information from readers on any directories that they produce or publish; some of them are very hard to find. Best wishes to all at *Grass Roots*, and keep up the good work.

Ralph Reid  
1 Ian St  
NORTH RYDE 2113.

Hi there Grass Roots,

Thought I'd tell you about my 2½ year old son Mouse. He's mad about animals and loves looking after our horses, chooks, ducks, dogs, cat and possum. When friends go away he looks after their animals too. Plus we've got 10 baby turkeys, 6 little orphan chicks and 2 sitting ducks. As soon as he wakes he'll drag me out to look for eggs — I carry the water and just put him in the pen and he does all the rest. You can't rope a horse in the yard without him being right there checking them out and demanding a ride. Last thing at night he checks on the possum that we had as a baby and that still lives in the mango trees nearby. Even stray animals end up at our place — they must know! Love to SHARE STORIES with other GR families.

Rae Moar  
14B Kidner St  
RAVENSHOE 4872.

Dear Grass Roots Readers,

Every time I buy a new copy of *Grass Roots* I scan the pages to see if there's someone local writing in. I know that there is quite a bit of interest as a lot are sold in newsagents in Biloela. Surely there are some nice earthy type people in the CALLISLE VALLEY not interested in the great Australian pastimes of boozing and smoking. I live with my family on a 1153 acre cattle and grain property with goats and usual farm animals, struggling to grow my own when time and water permit.

Lyn Dennis  
C/- PO  
JAMBIN 4702.

Dear Megg and David,

I got your address out of a German book about alternative lifestyles in Australia. This book contains information on how you are able to assist in EMIGRATING to Australia through the readers of your magazine *Grass Roots*. The book was issued in 1982, so I don't know if this information is still correct.

I've been farming biologically for 10 years in the Bavarian forest of Germany, working 6 years with a team of horses. Between Nov 84 and April 85 I was in Australia visiting farms in NSW and Victoria, where I had an insight in Australian community life. I tried to stay in Australia, yet the death of my mother forced me to return to Germany. After being back I joined actively the resistance against the Nuclear Waste Recycling Plant which they are about to build in this area. This means that I now have a record with 6 months imprisonment on probation. I am considering to return to Australia where I can see more chances for a self-sufficient life in the countryside. Thus I would like to ask you to forward any information if you could help me about the ways of staying in Australia. Possibly my girl-friend and her baby son will join me.

Winfried Eisele  
Grossenzried 2  
8491 STAMSRIED  
W GERMANY.

Dear Megg and GR Readers,

Thank you for publishing my words in the June issue. Since I wrote them my position has changed because of financial need and I'm working in a resort which is very isolated.

In fact I hadn't been able to get hold of *Grass Roots* before the first letters in answer were forwarded on to me. In over 3 months I've been off the island only twice. My work is very demanding and time consuming and I'm mentally exhausted at the end of a long day. To all you kind readers who wrote, I'm slowly answering but have patience. Your letters were varied and interesting. It's possible I may miss a few because the forwarding on is not reliable so I hope through Feedback I can pass on my apologies. One day I hope to achieve the contentment and peace you all seem to have found. Thank you again.



Elaine Smith  
Orchid Beach Resort  
Fraser Island  
RMB No 4  
MARYBOROUGH 4650.

Dear All,

At last, the place I've had my eye on for 18 months is mine, COL'S PLACE — 5 acres, permanent creek, level flood-free unpoisoned soil, a house with electricity and ideal for vegie growing. I said in GR 68 that it would be nearby and within 2 years. Now I'm ready to receive visitors as soon as you read this. We are only 8 kms from the Pacific Highway. I've just done a Biodynamic Farm Seminar — will put it into practice and keep you informed of the results. It's taken just 3 years to get going again, and I now look ahead with confidence. I have a good team around me, most have been or still are in the same boat, and we share encouragement, support and in 3 months time, FRESH VEGIES.

I planned on travelling around Aust again, leaving on July 30 '88 but forces were working against me for good reasons. I'll apologise to all I've written to saying I was on my way, but now will be curtailed. Maybe next year.

Col Statham  
C/- 7 Fisherman's Dr  
EMERALD BEACH 2456.

Dear GR Readers,

Would love to make contact with any poultry lovers in this state.

Les Shortland  
C/- PO  
KENDENUP 6323.

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# Feedback Link-Up Feedback

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## Dear GR Readers,

Everything I've read in Australia about CURING HOME-GROWN BACON has specified smoking the carcass, but I remember some 40 years ago in the UK that only dry salt was used to cure the meat, and it produced a very tasty bacon. I can't remember though how it was done, nor how long it had to be left in the salt. Can anyone please help?

Also, can anyone supply proven recipes for making jellies from fresh fruit juices and (presumably) gelatine? No sugar or artificial sweeteners must be used.

Finally, there is a method of estimating the weight of an animal by taking the beast's measurements on certain parts of its anatomy. Does anyone know how it is done please?

Hi to readers Steve and Sue Genner, somewhere in the south of NSW.

**Ray Riley**  
87 Marriott St  
WESTBURY 7303.

## Dear GR Readers,

In reply to Bob Jones of Ouse in Tas (GR67): RINGWORM is not a staph infection. It is a fungal infection. Staph infections and ringworm have only one thing in common, and that is that they are easily spread, but even the means of spread differ, in that the staph bacteria has to get into the body to cause boils, carbuncles, etc., but the ringworm fungus is spread by touch and lives on the skin. Treatments should therefore differ. In our household we found that smearing Vaseline on ringworms usually stopped them when they were small, but for a bad infestation a cream from the pharmacy was used. That was years ago, before our more natural lifestyle, but I think that I'd still get that treatment today, if I couldn't cure them any other way. Bye for now.

**Linda Stubberfield**  
PO Box 38  
KIRWAN 4817.

## Dear Megg, David and Staff,

Thanks to you all for your efforts to bring us such an interesting, informative, caring and sharing magazine. I try to read it in small doses, to make it last longer! It's such a long time till the next one arrives.

To me Feedback Link-Up is best of all, containing such a wide range of ideas, recipes, remedies, suggestions, plus sharing experiences, one can laugh, cry, sigh, be encouraged, warned, advised and more, it is like being part of an extended family.

One thing, often on reading requests I've thought 'I would like to know the answer to that,' so wish to share the answer to my request for help, for my cat who was suffering from DERMATITIS and FLEAS, printed in GR 56.

Eleven people wrote to me with suggestions, all of which were helpful with fleas but did not clear up the dermatitis. Then Jo Kirkwood wrote through Feedback Link-Up, in GR 62. The symptoms her cat suffered, and treatment given, were the same as mine. Her suggestion to cut out dry cat food was the answer. I'd been feeding Sheba Whiskettes for 7½ years! Her bowl was always full for her to nibble between meals. Sheba has not had dry cat food since I read that letter. It took 3-4 weeks for her condition to improve, and she continues healthy 11 months later.

I wonder how many folk have dogs and cats suffering dermatitis caused through dry food, or preservative added processed tinned food.

The main hint in letters received, to control fleas was to use garlic. A letter from Robert McKenzie, Karratha, WA sums up the suggestions, which I'm sure he would not mind my passing on. It definitely helped control fleas, and could also benefit those living in tick infested areas, as Robert found it helped his dog. I quote: I began by feeding her a few grains of garlic powder every meal. Along with this was given a pinch of carob (to aid her digestion in taking a new substance, and also to prevent bouts of diarrhoea) and also a pinch of brewers yeast to help build strength against any debilitation. The garlic powder was increased every fortnight, till about a year later she is now on ½ teaspoon of garlic every second meal with ½ teaspoon carob and ½ teaspoon brewers yeast. About two months after I started her on the course she was showing no signs of scratching, with no redness or sores and the tick problem had diminished appreciably. In the past year she has not had one flea, and I have only found a total of six ticks, and those only from the times I've taken her into the bush for walks during the change of seasons here.

As a cat is far smaller, try her on a couple or so grains of garlic and work up to a maximum of a pinch over a year.

**Doris Payne**  
9 Reservoir Rd  
FRANKSTON 3199.

## Dear GR Folk,

Firstly re the controversial CONTACT ADS: I think they're great — I enjoy reading them and thinking about the people who wrote them. Guess I'm a romantic at heart . . . I think thoughts like, 'She sounds lovely! Hope she gets herself a wonderful man.' Or, 'His requirements are a bit steep! Wants a beautiful, intelligent woman, hard working, and at least 10 years younger!' Or, 'He sounds gorgeous! If I wasn't happily married I'd write to him! Hope he gets what he wants!' So please continue the Contacts — they're great value for romantics like me.

A couple of answers to readers' questions. To Jenny Halkier: the best position for a bed, to ensure the healthiest SLEEP, is north-south with the head at the northern end.

To Debra Fluris: to CLEAR LANTANA and TOBACCO without using poisons, one has to pull them up. Smaller ones are easy by hand; for larger ones tie a strong rope around the base, and the other end to the towbar of a sturdy car, preferably one with a low bottom gear. We use our little 797 cc Suzuki in low gear. You have to crawl under the lantana in order to attach the rope right at ground level. If properly done, much of the root system is pulled up too.

Another letter I must comment on — that from Bob Jones. He states that 'RINGWORM, remember, is a staph infection'. It most certainly is not! *Staphylococcus* is a bacteria (*Staphylococcus aureus*, or golden staph, is a member of this family) whereas ringworm is a fungus infection of the skin. Some of the main forms of ringworm in mankind are: *Tinea tonsurans*, ringworm of the scalp; *Tinea pedis*, ringworm of the feet (also known as athlete's foot) and *Tinea circinata*, the body ringworm, circular in form, most commonly associated with ringworm. Untreated ringworm is not a dangerous thing, as Bob says — though extremely unpleasant. And it can be successfully treated by a number of folk remedies — for example ti-tree oil or eucalyptus oil are both fungicides, applied to the skin. Before you start knocking 'folk' or alternative medicines, Bob, get your facts right!

To Donna Sadler who wants to know about ORGANIC GARDENING IN SANDY SOIL: our soil is poor and sandy too. We use the 'no dig' method: first, about 10 cm (4 in) of well rotted sawdust (available from sawmills), then some chook manure lightly sprinkled over, plus a little dolomite and rock phosphate — though this step is not essential; lastly a layer of 10-20 cm (4-8 in) of compost. If you have no compost, collect manure, mix with grass clippings, spoiled hay or straw if available, and vegetable scraps. Place this on the sawdust, and leave a couple of months to age, watering and turning. Plant seeds into top layer, and mulch once they reach a few inches in height. Hope the above info is helpful.

**Marja Fitzgerald**  
VIA CASINO 2470.

## Dear Megg,

I have noticed that many people write to you about asthma. Untreated asthma is dangerous and can cause permanent lung damage and death. As well as finding an optimum mix of medications — in my son's case 3 puffers and 1 tablet used several times daily — we have found the following housekeeping procedures very helpful.

Get rid of kapok mattresses and pillows. Foam pillows, mattresses and synthetic doonas are good. Put bedding and mattresses in the sun regularly as it kills the dust mites. Vacuum mattresses and blankets and spray with hot, strong tea to reduce dust mite numbers. Mop bedroom floors regularly with hot, strong, black tea. It kills dust mites in 24 hours. I leave the tea solution to dry on the floor. Reduce dairy foods — ice-cream and milk can be culprits, but edam cheese has enzymes which help the body fight the asthma. Reduce foods containing wheat in case the asthma is caused by a wheat allergy. Keep bathroom and kitchen free of mould. Check behind furniture for mouldy patches on walls. Mould aggravates asthma and seems to cause depression. Work out a slow exercise program — walking, cycling, swimming — to slowly strengthen and build up the lungs. Eat fresh foods — avoid colourings 102 and 110.

These measures have helped my son to sleep much easier at night and he now actively plays sport at school. His medication has been reduced to a maintenance level and he does not currently suffer from asthma attacks. The last measure was a word of advice given to us by his paediatrician when our boy was a baby: take holidays. Spend some time out of the home environment each year to give the body a break from the allergies which trigger the asthma. Visit friends, relatives, exchange work holidays with other GR readers, or go camping.

And don't stop being vigilant. Asthma can reappear at any time of life.

**Barbara Shubert**  
8 Randell St  
DICKSON 2602.



# *gumnut gossip*



Megg Miller.

As we rush around to meet the deadline for this mag it's pleasing to know that sixty nine issues have been printed before it and sixty nine deadlines met, one way or the other. Deadlines are never without hitches and one requires nerves of steel — or a regular supply of cappuccinos — to get through without a nervous breakdown. We do lean upon our coffee and so remain sane. As often happens though the poor old typesetter has been coughing and hiccupping and producing type of utter illegibility. It would be easier if it too could be kept going with a coffee, as the excellent repair service we depend on is often delayed by our distance from the city. Still, that little hitch is over. The machine has expressed its protest at the dusty environment it's kept in and been cleaned and polished, and as I write this another tome of your thoughts and ideas is about to go to the printers.

In many ways this issue completes an era for us, for not only will we be relocating the office twenty five miles away in the early part of the year but we will also be cutting back our work to three days a week. With the rationalising that has occurred over the last year we feel — 'hope' is probably more realistic — it's possible with careful reorganisation to condense the work into three days. One of the changes that is enabling this to happen will be our move over to desktop publishing. Kerry and I spend considerable time at the bench redoing graphics and pasting up type and corrections. Being replaced by a machine sounds appealing — by the time the paste up is ready for the printers our backs are aching, eyes are glazed and we're seeing corrections, not spots. The new page make-up system should do away with a lot of this manual pasting up and enable us to spend our time on other facets of production. You're sure to hear more about it in the coming year as the system is rarely implemented without a few teething problems.

These changes will in turn mean some changes amongst our staff as the new location and shorter hours aren't viable for all. Anna, who has been with us for donkey's years now and has so patiently coped with the foibles of the typesetter, will most likely be leaving, as too Julie and Yvonne. Anna and her family have been living locally but have a house in Shepparton they would like to move into and so the extra travelling distance and her financial commitments will require a full time job closer to home. Julie, our 'new chum' whom we welcomed to work a year ago with a storm that left one of our pigeon lofts on her new car, has in that time re-educated us all. The skills she has brought to the place have been many fold, particularly in the organisational area. Her outstanding achievements have included orchestrating and evaluating our survey earlier in the year and organising and singlehandedly running our stall at the Melbourne Show. The latter was an exhausting but invaluable way of meeting and talking with readers and the fact that she was able to keep it up for the eleven days will give you an idea of her energy and vital personality. Earlier in the year she and her partner bought a small acreage through the Grassifieds and the additional 25 miles on top of her present long drive would make continuing with us impossible. Yvonne has worked with us on a casual basis for a year or so now and comes in whenever we need her for packing and sending out orders or helping with office work. She's been going through the ropes of trying to set up a small business in a nearby town and although problems have arisen she is determined to achieve her aim. These last months she has tantalised our palates with homemade bread and raspberry jam (from her own bushes) and she is now bringing loaves for us to buy. Not surprisingly she's interested in selling wholefoods and with her skills and determination it's only a matter of time before she has something set up. We're not sure who our new folk will be but it's obvious Anna and Julie and Yvonne will be very hard acts to follow.

We still keep in contact with many of the people who've worked here before going on to new adventures. Karen and Lynne were with us a year or so back and both left to start a family. Karen rang recently with the delightful news that she had just given birth to a little girl, a sister for Gordon who is now two. Coincidentally around the same time we received a card from Lynne saying she was happily pregnant and looking forward to a little sibling next year for toddler Miranda. I'm sure many of you will remember Lynne and Karen and join with us in wishing them well with their ongoing motherhood.

I can see that my column this issue is going to be a people one and being our Christmas mag it's very appropriate because after all the homemade gifts and festive fare are only wrappings for the main focus — the relationship of humanity with their Creator and fellowkind. It's becoming more and more apparent that people need to tune into and acknowledge their spiritual and ethical beliefs, and to act upon them. The proliferation of violent and pornographic material, the greed at high levels which manipulates dependency upon inadequately researched medicine and agricultural chemicals, the exploitation of our environment and resultant greenhouse effect, plus the many issues which occur on a local scale and impinge on people's individual rights to health and happiness are not just someone else's issues — they are ours. Once it was enough to just be concerned with our own backyard, now we must embrace and have responsibility for a wider community, a wider world.

From the GR community, the news you have sent in lately has been heartwarming — and heartbreaking. A reader from SA wanted us to know he was still working his donkeys and farm in spite of cancer and a short life expectancy. He has been actively campaigning about the dangers from aerial spraying for several years and shared his thoughts with us in GR 57. From central Victoria and Coffs Harbour came readers' concern and anguish over the horrendous birth defects and allergy cases that are occurring in communities with a high use of herbicides. 'I feel so strongly the apathy of those responsible for legislation . . . the main authoritative stance is that they can't hurt, they've been proven safe. We are ordinary people but have to do something now.' Equally concerning but in another field, a Qld reader says 'I want you to warn your readers of a distressing incident that occurred from a Contact ad. My instincts didn't indicate anything amiss but this person took advantage of my goodwill by stealing curios, and taking personal letters and photos of my little daughter who died. The police have not been able to track him down because he was travelling around but I would not like this sick man doing the same to others.' The Contact ad this lady answered was last in GR 61, under the name of Kym Sutherland from Hastings NZ. Please be cautious. Lest you become depressed, we have one of the heartwarming notes to finish off. When the content of Grassifieds seems unclear we often chase them up for a further explanation, and this is a reply we received recently. 'My wife and I appreciate your letter. We understand your position and as GR readers ourselves wouldn't want to ruin its good name. GR as a family magazine is precisely the reason we chose it for our ads.'

I can waffle on philosophically about concern and goodwill at Christmas and I would be being genuine but what seems more important this year is to say: share felicitations and goodwill, party on and pray for peace and a better world, but remember, the concern and the goodwill need to be carried on all year. The letters above all show regard for the wider community. We are all members of this and as such let us keep showing our care, our love, our faith and actively work towards achieving the values we individually and collectively hold dear. Merry Christmas, and a peaceful and fruitful New Year.

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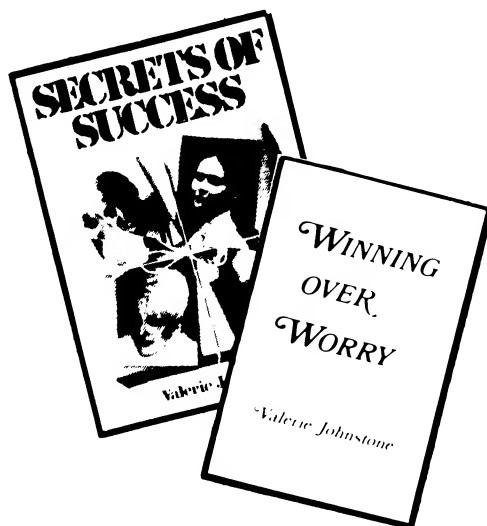
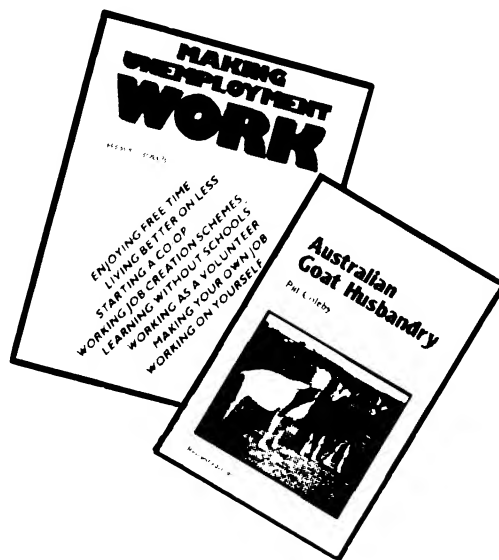
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